

# USEFUL CONTACTS

If you are in immediate danger, call the Police – 999.

For 24-hour support call the **National Domestic Violence helpline - 0808 2000 247**

<https://www.ncdv.org.uk> or <https://nationaldahelpline.org.uk>

## LOCAL SUPPORT ORGANISATIONS

<b>EDAN Lincs</b>	End Domestic Abuse Now – Supports men, women and children across Lincolnshire. Refuge provision.	<a href="https://edanlincs.org.uk">https://edanlincs.org.uk</a> <b>01522 510041</b>
<b>South Lincolnshire Domestic Abuse Service – (SoLDAS)</b>	Supports men, women and children. Refuge provision. Weekly rural and community hubs for drop-in support.	<a href="https://bostonwomensaid.org.uk">https://bostonwomensaid.org.uk</a> <b>01205311272</b>
<b>NE Lincolnshire Women's Aid</b>	Supports men and women. Phonenumber, in-person, e-mail and support groups. Refuge provision.	<a href="https://womensaidnel.org">https://womensaidnel.org</a> <b>01472 575757</b>
<b>Lincolnshire Rape Crisis</b>	A service for all genders.	<a href="https://lincolnshirerapecrisis.org.uk">https://lincolnshirerapecrisis.org.uk</a> <b>0800 3345500</b>
<b>The Blue Door (Nort &amp; North-East Lincs)</b>	Support for people who've experienced domestic abuse or sexual violence.	<a href="https://www.thebluedoor.org">https://www.thebluedoor.org</a> <b>0800 1974787</b>

## NATIONAL SUPPORT ORGANISATIONS

<b>Freedom Programme</b>	A domestic violence programme which provides information, not therapy, primarily designed for women as victims of domestic violence.	<a href="https://www.freedomprogramme.co.uk/">https://www.freedomprogramme.co.uk/</a>
<b>Restored</b>	Resources/online peer support for Christian women experiencing domestic abuse.	<a href="https://www.restored-uk.org">https://www.restored-uk.org</a>
<b>Opoka</b>	Support for Polish women experiencing domestic abuse. Telephone helpline, counselling, Freedom Programme.	<a href="https://www.opoka.org.uk">https://www.opoka.org.uk</a>
<b>Paladin</b>	National Stalking Advocacy Service Advocacy support for people at high risk of stalking (whether from ex/partner or anyone else)	<a href="https://www.paladinservice.co.uk/get-support">https://www.paladinservice.co.uk/get-support</a>
<b>GALOP</b>	LGBT+ Domestic Abuse helpline and online peer support forum	<a href="https://galop.org.uk">https://galop.org.uk</a>
<b>Mankind Initiative</b>	Telephone helpline for male victims/survivors of domestic abuse. 01823 334244	<a href="https://www.mankind.org.uk">https://www.mankind.org.uk</a>
<b>Men's Advice Line</b>	Telephone helpline for male victims/survivors of domestic abuse. Helpline M-F 10am-8pm 0808 8010327	<a href="https://mensadvice.org.uk/male-victims/">https://mensadvice.org.uk/male-victims/</a>
<b>Respect</b>	Helpline for male and female perpetrators of domestic abuse and accreditation of perpetrator programmes	<a href="https://www.respect.uk.net">https://www.respect.uk.net</a>
<b>Revenge Porn Helpline</b>	National helpline for anyone who finds that intimate images of themselves have been shared without their consent	<a href="https://revengepornhelpline.org.uk/">https://revengepornhelpline.org.uk/</a>
<b>Victim Lincs</b>	Help if you have been a victim of crime 01522 947510 Mon-Fr 8am - 4pm	<a href="http://www.victimlincs.co.uk">www.victimlincs.co.uk</a>

# USEFUL CONTACTS

Citizens Advice Universal Credit Helpline: 0800 144 8444  
Lincolnshire County Council Welfare team: 01522 873382

## MENTAL HEALTH & WELL-BEING SUPPORT

<b>Lincolnshire Mental Health Helpline</b>	Lines open 24/7 to support those suffering from poor mental health. Staffed by trained counsellors.	Webchat: <a href="https://www.mhm.org.uk/helpline-webchat">https://www.mhm.org.uk/helpline-webchat</a> <b>0800 001 4331</b>
<b>Samaritans</b>	Listening service available 24/7	<b>116 123</b>
<b>Shout</b>	Mental Health text messaging service	<a href="http://www.giveusashout.org">www.giveusashout.org</a> <b>Text SHOUT to 85258</b>
<b>Every Mind Matters</b>	Advice and practical support	<a href="https://www.nhs.uk/oneyou/every-mind-matters/">https://www.nhs.uk/oneyou/every-mind-matters/</a>
<b>Steps to Change</b>	Self-referrals can be made to access CBT and other talking therapies. Online wellbeing courses are also available.	<a href="https://www.lpft.nhs.uk/steps2change/home">https://www.lpft.nhs.uk/steps2change/home</a>
<b>NW Counselling Hub</b>	Connects people 18+ befriending and group activities. 6 week course	<a href="http://www.nwcounsellinghub.co.uk">www.nwcounsellinghub.co.uk</a> Chris Morris <b>0794422883</b>
<b>soundLincs</b>	Using music to support people with their mental health	<a href="http://www.soundlincs.org">www.soundlincs.org</a> <b>01522 510073</b>
<b>Mind</b>	Advice about looking after personal wellbeing	<a href="https://www.mind.org.uk/">https://www.mind.org.uk/</a> <b>0300 123 3393</b>
<b>Lincoln Trauma Centre</b>	A confidential counselling service for families suffering from the effects of trauma and PTSD	<a href="http://www.lincolntraumacentre.org.uk">www.lincolntraumacentre.org.uk</a> <b>07812661348 or 07443634793</b>
<b>Recovery College</b>	Free educational courses about mental health and wellbeing	<a href="http://www.lpft.nhs.uk/recovery-college">www.lpft.nhs.uk/recovery-college</a>
<b>Silver Line</b>	Helpline offering information, friendship and advice to older people. Operating 24/7	<a href="http://www.the.silverline.org.uk">www.the.silverline.org.uk</a> <b>0800 470 8090</b>
<b>Lincoln City Foundation - EFL Extra Time Hub</b>	Increasing social interaction for the over 55s meeting for walks, gym sessions and sporting activities	<a href="http://www.lincolncityfoundation.com/extratimehub">www.lincolncityfoundation.com/extratimehub</a> <b>01522 563792</b>
<b>NHS Mental Health Care for Veterans</b>	Dedicated mental health services for those who have served in the forces and their families, who are struggling to cope	<b>0300 323 0137</b>
<b>Military Mental Health Helpline</b>	For those who are still serving	<b>0800 323 4444</b>
<b>We Are With You</b>	Drugs and Alcohol dependency support	<a href="http://www.wearewithyou.org.uk">www.wearewithyou.org.uk</a> <b>01522 305518</b>