

Mental Health and Wellbeing

Directory of support available to families

There is a wide range of support available in Lincolnshire for children and young people experiencing emotional wellbeing and mental health concerns, which are either indirectly or specifically commissioned to provide advice or interventions where children and young people find themselves struggling with mild, moderate or severe emotional wellbeing, behavioural or mental health concerns.

We hope that you find the list of support below useful. If you have any questions, would like further support or have any suggestions as to how we can improve the mental health and well being support we offer in school then please contact me.

Kind Regards
Mr R Allen
Headteacher

- A good first port of call for support, information or guidance is the Emotional Wellbeing and Mental Health Pathway, devised by Lincolnshire County Council. The information provided within this pathway is designed to help families of children and young people experiencing emotional wellbeing, mental health or behaviour concerns.
www.lincolnshire.gov.uk/wellbeing-advice/emotional-wellbeing-mental-health
- Healthy Minds Lincolnshire Service (HML) – an emotional wellbeing service that focuses on early intervention, promoting resilience and the prevention of emotional wellbeing concerns escalating to mental health issues. This includes brief evidence-based interventions for children and young people, advice and guidance for their parents/carers and advice, guidance and training for professionals working with children and young people, including schools.
[Healthy Minds Lincolnshire :: Lincolnshire Young Minds \(lpft.nhs.uk\)](http://Healthy Minds Lincolnshire :: Lincolnshire Young Minds (lpft.nhs.uk))
- Lincolnshire Child and Adolescent Mental Health Services (CAMHS)
Provide a range of comprehensive, multidisciplinary community mental health services for children and young people with mental health needs, including support for their parents/carers.
Telephone: 01522 309120
Email: membership@lpft.nhs.uk
Website: www.lpft.nhs.uk/young-people

Counselling Services (Local and National)

- Casy – Counselling and Support for Young People
Is a registered charity created to ensure that children and young people of Lincolnshire and Nottinghamshire have the best possible emotional and mental health. They provide a confidential counselling service in schools and the community. We use CASY in school to provide counselling for pupils.
Telephone: 01636 704620
Email: n.hunter@casy.org.uk
- Lincolnshire Centre for Grief and Loss
www.ataloss.org

Telephone: 01522 546168

Email: email@lcgl.org.uk

- Don't bottle up your feelings. Talking helps. Call the confidential emotional and mental health support line in Lincolnshire. 0800 001 4331 Available 24 hours a day, 7 days a week.
- Lindum Counselling and Lindum Listening Ears
Free counselling for adults and children from 7 years.
Telephone: 01522 804126
Email: lindumle@msn.com
- Child Bereavement UK
Supports families when a baby or child dies or is dying, or when a child is facing bereavement.
Telephone: 0800 02 888 40
Email: enquiries@childbereavementuk.org
- Kooth Online Counselling
A safe and confidential online counselling and support service for young people from 11 years of age.
Email: tcoombe@kooth.com
Website: www.kooth.com

Anxiety

- Anxiety UK
Is a national registered charity for those affected by anxiety disorders, which is run by people with experience of living with anxiety, stress or anxiety based disorders.

Mental Health in General

- MIND (National Association for Mental Health)
Every year, one in four people will experience a mental health problem. MIND will listen and give support and advice.
Telephone: 0300 123 3393 - MIND info advice line (Mon - Fri 9am - 6pm)
0300 466 6463 - MIND legal advice line (Mon - Fri 9am - 6pm)
Email: info@mind.org.uk
Website: MIND website
- Young Minds
With good mental health, children and young people do better in every way. They are happier in their families, are able to learn better, do better at school, and enjoy friendships and new experiences. Young Minds is the UK's leading charity committed to improving the emotional and mental health of people.
Telephone: 0808 8025544 – Parental Helpline 020 70895050 – General Enquiries
Email: parents@youngminds.org.uk
Website: <https://youngminds.org.uk/>

- MindEd is a free educational resource on children and young people's mental health for all adults. www.minded.org.uk/
- Mental Health Matters contains information and resources for parishes, dioceses, chaplaincies and church community groups - and anyone else who is interested - to help improve our work with people experiencing mental illness. www.mentalhealthmatters-cofe.org/
- Mental Health Access Pack is a compact, free resource which aims to: equip you with knowledge and advice, from medical, psychological and theological perspectives; help you support those in your community who are struggling with mental health issues; help you to discuss issues and share ideas surrounding mental health and the church. www.mentalhealthaccesspack.org/

Self Harm

- Harmless.
Harmless has an advisory group, comprised of people who have personal and professional experience of self harm. The advisory group is consulted about developments with Harmless, and help us to develop a service that is responsive to what people need.
Email: info@harmless.org.uk
Website: www.harmless.org.uk/

Eating Disorders

- Beat – Beating Eating Disorders
Beat is the UK's eating disorder charity. Our vision is an end to the pain and suffering caused by eating disorders. We have been a champion, guide and friend to anyone affected by these serious mental illnesses since our founding in 1989...
Telephone: Helpline: 0808 801 0677 Youthline: 0808 801 0711
Email: help@b-eat.co.uk

Obsessive Compulsive Disorder

- OCD Action
Provide support and information to anybody affected by OCD.
Telephone: 0845 3906232
Email: info@ocdaction.org.uk
- OCD - UK
Are a national OCD charity which is run by, and for, people with Obsessive-Compulsive Disorder. Uniquely, the charity is completely service-user led, everyone involved in the organisation have personal experience of OCD, either directly or through a loved one.
Telephone: 03332 127890
Website: <https://www.ocduk.org>

Services

- SSAFA – Armed Forces Charity
Our vision: In recognition of their service to the Nation, SSAFA works to ensure that the needs of the Armed Forces, veterans and their families are met in an appropriate and timely way. Our mission: We exist to relieve need, suffering and distress amongst the armed services.
Telephone: 0800 7314880

Email: lincolnshire.branch@ssafa.org.uk

Other

- Lincoln PANDAS: relaxed and informal regular groups in Lincoln. Peer support to mums. Pandasfoundation.org.uk
- Lincoln Trauma Centre: therapeutic support for trauma victims and their families. Lincolntraumacentre.org.uk
- Upbeat Lincoln: People with personality or emotionally related problems. A safe space to meet and discuss. Upbeatgroup.co.uk
- Central Wellness: Holistic health community in Lincoln offering yoga and other mindful practises for children and adults. Beateatingdisorders.org.uk
- Reading Well for young people. Reading Well promotes the benefits of reading for health and wellbeing. The programme has two strands: Books on Prescription and Mood-boosting Books. <http://reading-well.org.uk/books>