



Parenting Support

Should you require additional support, you may also find the contact numbers below useful:

- Lincolnshire Children's Services: **01522 782111**
- Family Line: **0808 802 6666** www.family-action.org.uk/familyline
- NSPCC: **0808 800 5000** www.nspcc.org.uk
- Samaritans: **116 123** www.samaritans.org
- Mental Health Support Network in Lincolnshire: <http://www.lincsshine.co.uk/>
- Carers First: **0300 303 1555** www.carersfirst.org.uk
- Partnership for Children: <https://www.partnershipforchildren.org.uk/>
- Lincolnshire Family Service Directory: <https://lincolnshire.fsd.org.uk/kb5/lincs/fsd/home.page>
- Place2Be: Parenting Support: <https://parentingsmart.place2be.org.uk/>

Healthy Minds Lincolnshire - Support with Mental Health and Emotional Wellbeing

The Healthy Minds/CAMHS Here4You line offers a free support service for children and young people up to the age of 19 years in Lincolnshire. Advice is available 24 hrs a day 7 days a week.

- Here4You (Monday - Friday, 9.30am-4.30pm *excluding Bank Holidays*) **0800 234 6342**

The Healthy Minds and CAMHS website has emotional wellbeing self-help information for children, young people, parents and professionals as well as information on what to do if more help is needed:

<https://www.lpft.nhs.uk/young-people/lincolnshire/whats-new>

On this website you will also find Lincolnshire CC's Emotional Wellbeing Pathway which has lots of useful advice and information: http://search3.openobjects.com/kb5/lincs/fsd/family.page?familychannel=2_9_9

Kooth.com is free, safe and anonymous online support for young people: www.Kooth.com

Steps2Change has guided self-help for adults and information on what to do if more help is needed: <https://www.lpft.nhs.uk/steps2change/home>

FamilyLine

Family Action's **FamilyLine** service offers free support and guidance on all aspects of family life to parents and carers across England and Wales. The **FamilyLine** service provides Helpline, Befriending and Counselling support via telephone, email and text message. The service is FREE and available 6pm-10pm on weekdays and 10am-1pm on weekends.

Telephone: **0808 802 0666** Text: **07537 404282** Email: familyline@family-action.org.uk

<http://www.family-action.org.uk/familyline>

www.solihullapproachparenting.com

luminova.app - therapeutic game that helps children aged 7-12years to manage worries and build resilience.

