

## Concerns or Welfare Useful Contact Information

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](http://www.family-action.org.uk/familyline)
- NSPCC: 0808 800 5000 [www.nspcc.org.uk](http://www.nspcc.org.uk)
- Samaritans: 116 123 [www.samaritans.org](http://www.samaritans.org)
- Mental Health Support Network in Lincolnshire: <http://www.lincsshine.co.uk/>
- Carers First: 0300 303 1555 [www.carersfirst.org.uk](http://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](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](http://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](mailto:familyline@family-action.org.uk)

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



‘...these three remain: faith, hope & love; and the greatest of these is love.’ 1 Cor 13:13

Rooted in faith, family & friendship. Growing in hope & aspiration. Flourishing in love.  
friendship ★ hope ★ compassion ★ forgiveness ★ trust ★ thankfulness