Keeping Well

A guide to mental health and wellbeing support

Information about services in Lincolnshire that can support your everyday wellbeing or while you wait for treatment

H.A.Y. Lincolnshire

Lincolnshire COUNTY COUNCIL
Working for a better future

NHS Lincolnshire

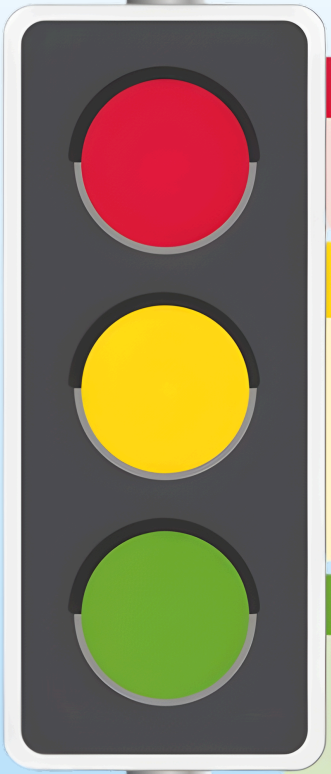
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Support for your mental health and wellbeing



Need urgent help now?

Call 111 select mental health option
In a life-threatening emergency call 999

General support

Here4You Advice Line (children and young people):
0800 234 6342 (24/7)
Lincolnshire Talking Therapies:
www.lincolnshiretalkingtherapies.nhs.uk
Night Light Cafes: 0300 011 1200

Looking after yourself

HAY Lincolnshire website: haylincolnshire.co.uk
Every Mind Matters website: nhs.uk/every-mind-matters
Lincolnshire Recovery College: lpft.nhs.uk/recovery-college

5 ways to good mental wellbeing



www.lincolnshire.gov.uk/health-wellbeing/mental-health

Talking Services



Here4You is for young people who are under 18, parents and carers. Call 0800 234 6342 to talk with a practitioner about how you're feeling and explore support options. The line is open for self-referrals 9:00am–4:30pm, excluding bank holidays.

Find out more: www.lpft.nhs.uk/young-people

NHS
Lincolnshire
Talking Therapies

Lincolnshire Talking Therapies is a free NHS service provided by Lincolnshire Partnership NHS Foundation Trust. For people 16 years and older.

The service provides a range of evidence-based talking therapies for problems such as depression, anxiety, post-traumatic stress disorder, panic, phobias, and obsessive-compulsive disorder (OCD).

People who are 16+ and living in the county can refer themselves online by visiting: www.lincolnshiretalkingtherapies.nhs.uk

Alternatively, you can call 0303 123 4000, or be referred through your GP.

Night Light Cafés

Night Light Cafés are safe spaces that offer out-of-hours support from a team of trained volunteers available to listen.

They can also provide signposting advice and information on other organisations that may be able to help with specific needs, such as debt advice or emergency food parcels.

Whether you want to talk to someone or just sit quietly with a cup of tea, Night Light Cafés are there to support you when you need them.

To access this service or to refer someone for support from Night Light, please call 0300 011 1200 or email nightlight@actstrust.org.uk.

> *"Night Light Café has been a real support in not feeling alone, and now I can share how I feel in a safe space.*

Full list of venues and times is listed at: **www.haylincolnshire.co.uk/night-light-cafes/** and **www.actstrust.org.uk/night-light-cafes/**

Mental Health & Wellbeing Hubs

Mental Health & Wellbeing Hubs are community spaces where people can access a variety of wellbeing and mental health resources and signposting. They provide a non-clinical, safe space and support individuals to have choice, understanding, take control of and manage their own mental health and wellbeing.

The Hubs are linked to your local Community Connectors who provide free, confidential support, advice and signpost to other services in the local area. Hubs are a great place to visit if you want to take up a new hobby or activity, improve your mental health or reduce loneliness and isolation.



Find your local hub here:
www.haylincolnshire.co.uk/wellbeing-hubs/

Community Connectors



Community Connectors lead local projects that help people feel more connected to where they live. They support communities to solve problems together and focus on local strengths — the people, places and groups that already make the area special.

Their aim is to help communities grow stronger and more confident.
As part of the wider mental health support in the area, Community Connectors also have a good understanding of local services. They help people find support early, before things reach a crisis. They talk with individuals about different parts of their life that may be affecting their mental health and wellbeing. This helps people understand what might help them stay well and feel able to take part in their community.

Find your local connector here:
www.haylincolnshire.co.uk/meet-the-team/

Wellbeing and Recovery College

Lincolnshire Wellbeing and Recovery College offers free courses that help people learn about mental health, recovery and wellbeing. Anyone aged 16 and over who lives, works or studies in Lincolnshire can join.

The courses are designed to give people confidence, practical skills and a sense of hope and control. They are created by people who have personal experience of mental health challenges, together with healthcare professionals.

Students learn about mental health, discover ways to support their own recovery, develop helpful strategies for everyday life and meet others with similar experiences. Courses are available both in person across Lincolnshire and online.

Wellbeing & Recovery College

"I am normally shy but felt comfortable. It felt inclusive, especially as the trainers shared their experiences."

Find more information and sign up for the latest courses:
www.lpft.nhs.uk/recovery-college

Shine

Shine is a Lincolnshire charity that helps improve people's health and wellbeing. It brings together individuals, community groups, and public services so people can get support wherever they live, even if they don't use the internet.

The charity gives funding and practical help to local community groups because they play an important part in meeting local needs. Shine also runs the Horncastle Community Wellbeing Hub, a friendly place where people can get information, advice, and support.

Shine provides peer support through trained workers who have lived experience. They offer one-to-one help and group sessions that support recovery and build confidence. Shine also delivers accredited training in Mental Health First Aid, Suicide Prevention, and Physical First Aid, helping communities across Lincolnshire gain the skills to support others.

www.shinelincolnshire.com



Wellbeing Lincs

Wellbeing Lincs
Better wellbeing across Lincolnshire

Wellbeing Lincs is a countywide service that helps people stay independent during life changes. It's funded by Lincolnshire County Council and delivered by the district councils.

They can:

- Work out what support someone needs to live confidently and independently
- Provide up to 12 weeks of short-term support to help people feel safe at home and connect with community services
- Point people to other help, like money advice or local groups
- Support people returning home after a hospital stay
- Provide small aids, equipment and home adaptations (some charges may apply)
- Respond to calls from telecare careline customers (charges may apply)

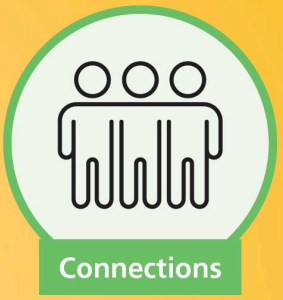
For more information, visit: **www.wellbeinglincs.org**

NHS

How are you, Lincolnshire?

Are you looking to boost your **wellbeing** and **mental health**? Find local groups on

haylincolnshire.co.uk







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Lincolnshire Community Mental Health & Wellbeing Transformation

Confidential Helpline
(open daily 8am-8pm)
0800 138 1710
helpline@lrsn.co.uk

lrsn How we.can SUPPORT YOU



Supporting Lincolnshire's agricultural and horticultural communities for over 25 years

info@lrsn.co.uk

www.lrsn.co.uk


Looking for support?
Access our directory of services to support our armed forces communities
ARMED FORCES COVENANT
Connect to support Lincolnshire
lincolnshire.connecttosupport.org/armed-forces-community-directory/

Have you had your physical health check?

NHS Lincolnshire

Have you been diagnosed with schizophrenia, bipolar disorder, or psychosis?

If so, you are entitled to a physical health check. It includes:

- A chat about your mental and physical health
- An offer to check your weight, height and blood pressure
- An offer of a blood test
- A chat about your medication
- Questions about your health and wellbeing
- Advice or referrals for further support

Contact your GP if you haven't been invited to your health check, or need anything to help make your appointment easier.



Find out more: lpft.nhs.uk/smi-annual-health-check

Support From Your Local Councils

All councils offer practical support as well as online mental health and wellbeing support and signposting in your local area.

Lincolnshire COUNTY COUNCIL
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Connect to Support Lincolnshire

Connect to Support Lincolnshire is run by Lincolnshire County Council and is an online information and advice library, community directory and marketplace for adults in Lincolnshire.

For advice and support, please visit:
www.lincolnshire.gov.uk
lincolnshire.connecttosupport.org

CITY OF Lincoln COUNCIL

City of Lincoln Council Services support residents in areas such as, but not limited to, COVID-19, homelessness, benefits, and cost-of-living support.

To contact them for advice and support, please visit:
www.lincoln.gov.uk

Support From Your Local Councils

Boston Borough Council's Community and Wellbeing page, under the Residents section, signposts residents to support in their area.

Please visit:
www.boston.gov.uk

East Lindsey District Council Community and Wellbeing page, under the Residents section, signposts residents to support, such as healthy living and housing support in their area.

Please visit:
www.e-lindsey.gov.uk

West Lindsey District Council Health, Education and Family page, signposts residents to support such as adult social care and local health and wellbeing support.

Please visit:
www.west-lindsey.gov.uk

Support From Your Local Councils

North Kesteven DISTRICT COUNCIL

North Kesteven District Council offers support to local residents in numerous areas such as health and people, benefits and support, and tenancies.

Please visit:
www.n-kesteven.gov.uk

SOUTH KESTEVEN DISTRICT COUNCIL

South Kesteven District Council Community and Neighbourhood page, signposts local residents to support such as adult social care, Armed Forces support and mental health and wellbeing support.

Please visit:
www.southkesteven.gov.uk

SOUTH HOLLAND DISTRICT COUNCIL

South Holland District Council Community and Living page, signposts local residents to support such as health and wellbeing support, warm spaces and voluntary and community opportunities to boost wellbeing.

Please visit:
www.sholland.gov.uk

Specialist Services

Addiction

Lincolnshire Recovery Partnership
www.turning-point.co.uk/services/lincolnshire-recovery-partnership
0800 304 7021

Double Impact
www.doubleimpact.org.uk

With You
www.wearewithyou.org.uk

Alcoholics Anonymous (AA)
www.alcoholics-anonymous.org.uk

East Midlands Gambling
www.eastmidlandsgambling.nhs.uk

Gamblers Anonymous
www.gamblersanonymous.org.uk

Armed Forces

Veterans Support Service CIC
www.vsscio.org.uk
01775 422802

OpCourage
www.opcouragemidlands.nhs.uk

Lincolnshire Military Veterans and Families Wellbeing Network
hello@every-one.org.uk
01522 811582

Walking with the Wounded (Veteran Employment)
www.walkingwiththewounded.org.uk
07518 293 000

Forces Online
www.forcesonline.org.uk

Specialist Services

Autism/ADHD Services

ADHD Lincs
www.adhdlincs.org
info@adhdlincs.org

Autism Peer Support Group
01427 677277
enquiries@riverside-training.co.uk

Bourne Autistic
07563 385273
autismsupport@mindspacestamford.com

Lincolnshire Virtual Autism Hub
www.lpft.nhs.uk/our-services/virtual-autism-hub
01522 458588

Stamford Autistic Support Group
autismsupport@mindspacestamford.com
07563 385273

Ambitious About Autism
www.ambitiousaboutautism.org.uk

Bereavement

Amparo - Support Following Suicide
www.amparo.org.uk

Cruse
www.cruse.org.uk
0808 808 1677

National Grief Advice
www.nationalgriefadvice.com

WAY - Widowed and Young
www.widowedandyoung.org.uk

The Miscarriage Association
www.miscarriageassociation.org.uk
01924 200799

Sands - Saving babies' lives. Supporting bereaved families
www.sands.org.uk

Child Bereavement
www.childbereavementuk.org
0800 02 888 40

Specialist Services

Survivors of Bereavement by Suicide (SoBS)
www.uksobs.com
07399593910
Lincoln@sobsuk.org

Carers

Carers First - Lincolnshire
www.carersfirst.org.uk/lincolnshire/welcome/
01522 782224

Carers Sitters Service
www.carersitterservice.com/
01778 420 257

Connect to Support
lincolnshire.connecttosupport.org/information-and-advice/carers/

Lincolnshire Young Carers
youngcarers@lincolnshire.gov.uk
01522 553275

Communities

Boston Lithuanian Community
www.bostonolietuviubendruomene.uk/
ukjuma@yahoo.com

Boxes of Hope
www.boxesofhope.co.uk
01406 420261

Conversation Club
www.lincolncityfoundation.com/conversationclub
01522 563792

Stamford Diversity Group
www.stamforddiversitygroup.co.uk/

Dementia

Dementia UK
www.dementiauk.org
0800 888 6678

Dementia Cafes (Lincolnshire)
www.alzheimers.org.uk/find-support-near-you

Specialist Services

Alzheimer's UK - Dementia Support Line
0333 150 3456

Bob's Brainwaves
www.bobsbrainwaves.org.uk

Cherry Chums - Dementia Support
www.assistlincs.org.uk/cherry-chums
01522 370164

Dementia Café Maple Leaf Lodge
mapleleaflodge@barchester.com

Tonic Health – Dementia Support
www.tonic-health.co.uk
01775 725059

Memory Café - Fulbeck
ccgrantham@shinelincolnshire.com

Memory Café - Mablethorpe
barbara.hancock@acisgroup.co.uk

Memory Café - Market Rasen
jennie.goacher@nhs.net

Memory Café - South Witham
ccgrantham@shinelincolnshire.com

Memory Café - Skegness
m.lithgow@nhs.net

Memory Lane Dementia Day Service
www.lincolnshirehp.com/dementia-day-care-service/
0345 6041472

South Witham Memory Café
ccgrantham@shinelincolnshire.com
07564 044 115

Memories Matter - Louth
Jayne.pegg@teamparishoflouth.org.uk

Specialist Services

Disability

Disability Social Network
disabilitynetworkw.wixsite.com/socialnetwork
07300 869408
disabilitynetwork.westlindsey@gmail.com

Diversity Adult Support Services
www.diversityadultsupport.co.uk/
01522 262 300

LPFT - Learning Disabilities and Autism
www.lpft.nhs.uk/learning-disabilities-and-autism

SEND Local Offer
www.lincolnshire.gov.uk/send-local-offer

SNAP Support Group
snap@alivechurch.org.uk
07900 635 366

Domestic Abuse

edanlincs - Lincs Domestic Abuse Service
https://edanlincs.org.uk/
01522 510041

Lincolnshire Domestic Abuse Specialist Service
https://ldass.org.uk/

ManKind - Helping men escape domestic abuse
www.mankind.org.uk

Ex Offenders / Prisoners

Lincolnshire Action Trust
www.latcharity.org.uk/
01522 806611

Development Plus - Bridging the Gap
www.developmentplus.org.uk/
bridgingthegap@developmentplus.org.uk

Unlock - for people with criminal records
www.unlock.org.uk/

LPFT - Reconnect
www.lpft.nhs.uk/Reconnect

Specialist Services

Pact
www.prisonadvice.org.uk

Prisoners Families' Helpline
www.prisonersfamilies.org
0808 808 2003

Families and Children

Better Births Lincolnshire
www.betterbirthlincolnshire.co.uk

Lincolnshire Parent Carers Forum
www.lincspcf.org.uk
admin@lincspcf.org.uk

Lincolnshire Family Hubs
www.lincolnshire.gov.uk/familyhubs

Lincolnshire Start for Life
www.lincolnshire.gov.uk/startforlife

Lincolnshire Children's Centres
www.lincolnshire.gov.uk/early-years-education

LPFT - Children and Young People
www.lpft.nhs.uk/young-people

Finance

Citizens Advice (CAB)
www.citizensadvice.org.uk

Turn2Us
www.turn2us.org.uk

PayPlan
www.payplan.com
0800 316 1833

Money and Pensions Service
www.maps.org.uk

Money Saving Expert
www.moneysavingexpert.com

StepChange
www.stepchange.org
0800 138 1111

Specialist Services

Energy Saving Trust
www.energysavingtrust.org.uk

Mental Health and Money Advice
www.mentalhealthandmoneyadvice.org/en

Family Fund
www.familyfund.org.uk
01904 550055

National DebtLine
www.nationaldebtline.org

Food and Cost of Living

Please also visit your district council website.

Lincolnshire Food Partnership
www.lincolnshirefoodpartnership.org

Lincoln Community Grocery
www.communitygrocery.org.uk/lincoln

Lincoln Foodbanks
lincoln.foodbank.org.uk/
01522 542166

Horncastle Community Links
horncastlecommunitylinks@gmail.com

Sleaford Community Grocers
www.communitygrocers.co.uk/

Skegness Food Bank
www.thestorehouse.co.uk/
skegnessfoodbank@thestorehouse.co.uk

Household Support Fund (subject to funding)
www.lincolnshire.gov.uk/council-councillors/household-support-fund

Better Housing Better Health
www.bhbh.org.uk
0800 107 0044

Warm Welcome Spaces
www.warmwelcome.uk

Specialist Services

Housing and Homelessness

For immediate homeless support in Lincolnshire, contact your local council housing teams.

Housing Related Support
lincolnshire.connecttosupport.org/information-and-advice/

Nacro
www.nacro.org.uk

Lincolnshire Housing Partnership
www.lincolnshirehp.com

Lincs YMCA
www.lincsymca.co.uk

Development Plus - Project Compass
www.developmentplus.org.uk/
07508292808

P3 Charity
www.p3charity.org/services/lincolnshire
Lincs.referrals@p3charity.org

Leap Housing
www.leap.uk.com
lincoln@leap.uk.com
01522 563 530

Health and Wellbeing

One You Lincolnshire
www.oneyoulincolnshire.org.uk
hello@oneyoulincolnshire.org.uk
01522 705 162

Active Lincolnshire
www.activelincolnshire.com
01522 730 325

Let's Move Lincolnshire
www.letsmovelincolnshire.com
info@letsmovelincolnshire.com
01522 730 325

Specialist Services

Lincoln City Foundation
www.lincolncityfoundation.com
enquiries@lincolncityfoundation.co.uk
01522 563792

Boston United - Sports & Activities
www.bostonunitedcf.co.uk
community@bufc.co.uk
01205 364406

Every Mind Matters
www.nhs.uk/every-mind-matters/

Better Health
www.nhs.uk/better-health

NHS Live Well
www.nhs.uk/live-well/

LGBTQ+

Gay Outdoor Club
www.goc.org.uk/groups/lincolnshire/

East Lindsey LGBT Social & Support Group
eastlindseylgbtq@gmail.com

It Gets Better (LGBTQ+ Youth)
www.itgetsbetter.org
info@itgetsbetter.org

galop
www.galop.org.uk
info@galop.org.uk
0800 999 5428

Switchboard LGBT+ Helpline
www.switchboard.lgbt
0800 0119 100

LGBT Foundation
www.lgbt.foundation/
0345 330 3030

Specialist Services

Men

Bro Pro UK
www.facebook.com/brotherhoodprojectuk

Andy's Man Club
www.andysmanclub.co.uk

Lincoln City Foundation - Team Talk
www.lincolncityfoundation.com/team-talk

Men's Advice Line
www.mensadviceline.org.uk

Men's Sheds
www.menssheds.org.uk/find-a-shed/

Men Do
www.carersfirst.org.uk/local-support/men-do/
0300 303 1555

Older People

Ageless and Agile
www.magnavitae.org/ageless-agile/
01507 607650
info@mvtlc.org

Age UK
www.ageuk.org.uk
0800 678 1602

Age UK Friendship groups
www.ageuk.org.uk/lincolnshire/
info@ageuklsl.org.uk
03455 564144

Anglian Water's Priority Services Register and Extra Care Support
www.anglianwater.co.uk/help-and-advice/water-care/
0800 232 1951

Friendship at Home – North East Lincolnshire
www.friendshipathome.org.uk
admin@friendshipathome.org.uk
01472 602 500

Specialist Services

Independent Age
www.independentage.org
0800 319 6789

Lincolnshire Coop Wellbeing Walks
www.lincolnshire.coop/wellbeing-walks
01522 544 632

Lincolnshire Sensory Services
www.lincolnshiresensoryservices.org.uk
contact@lincolnshiresensoryservices.org.uk

The Silver Line Helpline
www.thesilverline.org.uk
0800 4 70 80 90

Students and Young People

If you are a student, you can contact your student services for mental health and practical support.

Here4You Line
www.lpft.nhs.uk/young-people/
0800 234 6342 (Can also be used by parents, carers and professionals)

Papyrus
www.papyrus-uk.org
0800 068 4141

Young Minds
www.youngminds.org.uk

Kooth - online mental health and wellbeing support
www.kooth.com

Ambitious Youth Network
ambitious-youth-network.ambitiousaboutautism.org.uk

Specialist Services

Suicide

You can access local urgent mental health support by calling NHS 111 and selecting the mental health option.

Lincolnshire Suicide Prevention
www.haylincolnshire.co.uk/suicide-prevention/

Samaritans
www.samaritans.org/branches/
116 123

Amparo - Support Following Suicide
www.amparo.org.uk

Grassroots Suicide Prevention
www.prevent-suicide.org.uk

Transport

Lincolnshire Call Connect
www.lincsbus.info/callconnect/
Stamford, Bourne, Peterborough - 0345 263 8153
Other Lincolnshire Areas - 0345 234 3344

Community Transport Programme
www.lincscvp.org.uk/community-transport/

Lincolnshire Transport Helpline
0345 456 4474

Dial-a-Ride
www.lincolndialaride.co.uk
01522 544 983

Training and Employability

Development Plus
www.developmentplus.org.uk
enquiries@developmentplus.org.uk
07508292808

Specialist Services

Riverside Training
www.acisgroup.co.uk/riverside-training/
enquiries@riverside-training.org.uk
01427 677 277

Abbey Access Training
www.abbeyaccesstraining.org
info@abbeyaccesstraining.co.uk
01522 801556

Empower Programme
www.endorphins.uk/empower/
0330 1332642

Lincoln City Foundation
www.lincolncityfoundation.com
01522 563792

DWP Access to Work Mental Health Support Service

- Maximus: atw.maximusuk.co.uk
- Able Futures: www.able-futures.co.uk

Access to Work helpline:0800 121 7479

Acts Trust - Restore Programme
www.actstrust.org.uk/restore

Women

Eve – Women's Wellbeing Support Group
www.facebook.com/eveprojectuk
07901 211220

Dark Side Rising
www.darksiderising.co.uk
hello@darksiderising.co.uk

Lincolnshire Rape Crisis
www.lincolnshirerapecrisis.org.uk

Women's Institute
Find your local branch at:
www.thewi.org.uk/

Women Rise
www.women-rise.org.uk/

Primary Care Network Community Roles

Primary Care Mental Health Roles

Primary Care Mental Health Roles support adults and older adults with severe and complex mental illness to live well in their communities.

Based in some GP surgeries, they act as a 'bridge' between primary care and specialist mental health services.

How to access:
Primary Care Mental Health Roles are accessible via the GP Surgery, but do not require a referral from a GP. Reception staff will be able to book you in for either a face-to-face or telephone appointment.

Social Prescribers

Social Prescribing Link Workers connect people to activities, groups, and services in their community.

Social prescribing works well for people who feel lonely or isolated, with long-term conditions and complex social needs that impact their mental health and wellbeing, or need support in behaviour change to achieve a healthy lifestyle.

How to access:
You can self-refer by visiting
www.lincscvp.org.uk/social-prescribing

Primary Care Network Community Roles

Health and Wellbeing Coach

Health and wellbeing coaches work to help you achieve personal fitness and lifestyle goals. They help you to increase overall levels of physical health, embrace healthier lifestyle choices and maintain long-term behavioural change, improving physical and mental wellbeing and reducing the risk of developing long-term conditions.

How to access:
Speak to your GP practice, or look on your GP practice website for more information.

Care Coordinator

A Care Coordinator is a trained health professional who helps coordinate and navigate your care across the health and care system, to help you make the right connections, with the right teams, at the right time. They can also support follow-up conversations with Primary Care Professionals.

How to access:
Speak to your GP, or other healthcare professional.

Version 2 - 2026

This guide was created by The Partnerships and Health Inequalities Team, part of Lincolnshire Partnership NHS Foundation Trust, in collaboration with Lincolnshire County Council and people with lived experience via the Mental Health, Dementia, Learning Disability and Autism (MHDLDA) Co-Production Network.

If you have any comments or questions, you can contact the team via email on:
lpft.lincsmhtransformation@nhs.net

H.A.Y. Lincolnshire

Lincolnshire COUNTY COUNCIL
Working for a better future

NHS Lincolnshire