

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



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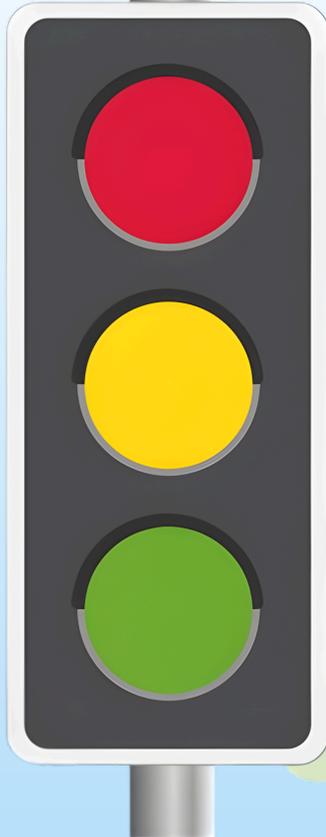
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Support

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

Be Active

- Go for a walk or run
- Step outside
- Cycle
- Play a game
- Garden
- Dance
- Exercise
- Find a physical activity that you enjoy and suits your level of mobility

Connect

- Walk with people around you
- With family, friends, colleagues, and neighbours
- At home, work, school, and in your local community
- Invest time in friendships
- Building connections will enrich your everyday life

Take Notice

- Be curious
- Catch sight of the beautiful
- Remark on the unusual
- Notice the changing seasons
- Savour the moment
- Be mindful
- Reflect on your experiences

Keep Learning

- Try something new
- Rediscover an old interest
- Sign up for a course
- Take on something new at work
- Learn a new instrument
- Set yourself a challenge

Give

- Do something nice for a friend or a stranger
- Show gratitude
- Smile even when you don't feel like it
- Volunteer your time
- Join a community group

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

Talking Services

HERE4YOU
advice line



Mental health and emotional
wellbeing advice line for young
people, parents and carers

**0800 234
6342**

Available 24/7

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



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](tel:03031234000), 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

How are you, Lincolnshire?

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

haylincolnshire.co.uk



**Confidential Helpline
(open daily 8am-8pm)**

0800 138 1710

helpline@lrsn.co.uk



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



Connect to Support Lincolnshire



lincolnshire.connecttosupport.org/armed-forces-community-directory/

Have you had your physical health check?



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.



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 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 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.bostonlietuviubendruomene.uk/

ukjuma@yahoo.com

Boxes of Hope

www.boxesofhope.co.uk

01406 420261

Conversation Club

[www.lincolncityfoundation.com/](http://www.lincolncityfoundation.com/conversationclub)

[conversationclub](http://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.lincolnshirehnp.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

disabilitynetworkkw.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

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

Pact

www.prisonadvice.org.uk

Prisoners Families' Helpline

www.prisonersfamilies.org

0808 808 2003

Specialist Services

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

Energy Saving Trust

www.energysavingtrust.org.uk

Specialist Services

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.letsmoveincolnshire.com
info@letsmoveincolnshire.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 LGBTQ+ Helpline

www.switchboard.lgbt
0800 0119 100

LGBT Foundation

www.lgbt.foundation/
[0345 330 3030](tel:03453303030)

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

ManKind - Helping men escape domestic abuse

www.mankind.org.uk

Men's Advice Line

www.mensadvice.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

edanlincs - Lincs Domestic Abuse Service

<https://edanlincs.org.uk/>
01522 510041

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:

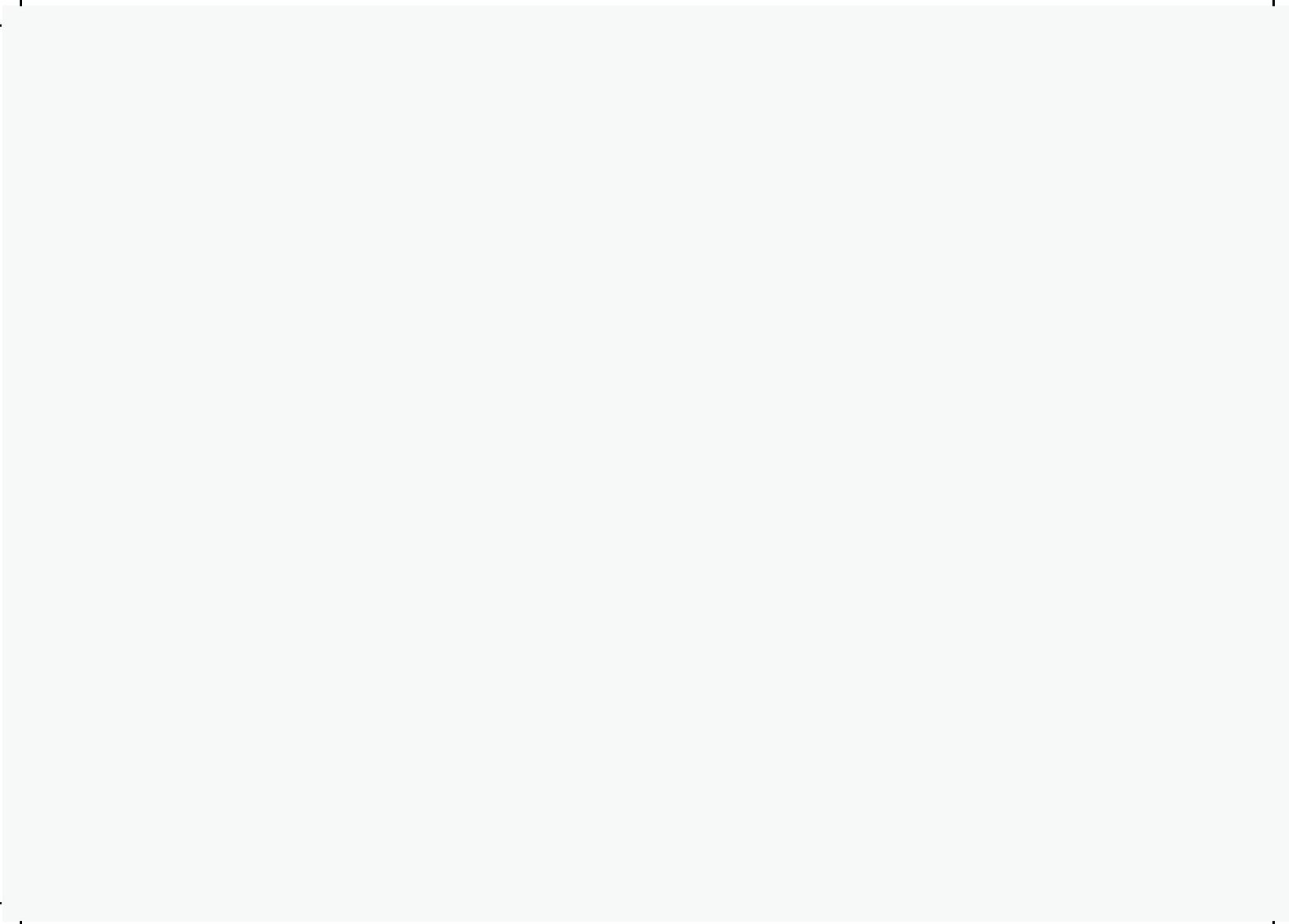
Speak to your GP practice, or look on your GP practice website for more information.

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

