

MENTAL HEALTH SUPPORT & ADVICE INFORMATION



Single Point of Access (Mental Health Support) - Lincs 0303 123 4000 | Notts 01777 274 422

CASY – Counselling Service Under 25's (Notts & Lincs) - 01636 704620

Young Minds (Mental Health Support Under 25's) - www.youngminds.org.uk

For urgent help text YM to 85258

Mind (mental health support) - www.mind.org.uk - 0300 123 3393 text 86463

NHS Talking Therapy Services (Notts 18+) - 0300 555 5582

Online Counselling Service - Kooth.com (Under 25's Lincs only)

Samaritans - www.samaritans.org | 116 123

Lincs Suicide Safe - www.lpft.nhs.uk

CRISIS Team 18+ - 01522 573648

CRISIS Team Newark & Sherwood - 0300 3000 131 or 01159 560860

Self Harm UK - www.selfharm.co.uk

NHS Non emergency (mental health assessment) - 111 **Emergency** - 999

Shout (free support in crisis) Text Shout to 85258 www.giveusashout.org

Safeguarding Team 01522 876000 | **Email** safeguarding@lincolncollege.ac.uk

SAFEGUARDING SUPPORT & ADVICE INFORMATION



Lincolnshire Rape Crisis - 0800 33 4 55 00 | www.lincolnshirerapecrisis.org.uk

Nottinghamshire Sexual Violence Support - 0115 941 0440 | www.nottssvss.org.uk

SARCS (Sexual assault support 18+ Lincs) - 01522 524402 | www.springlodge.org

SARCS (Sexual assault support 18+ Notts) - 0845 6001588 | www.topazcentre.org

Hate Crime - 0800 1381625 | www.stophateuk.org

Police - 101 non emergency - 999 emergency

Lincolnshire Children's Social Care - 01522 782111

Lincolnshire Adult Social Care - 01522 782155

Notts Multi Agency Safeguarding Hub (MASH) - 0300 500 80 90

EDAN (Domestic Abuse Service) - 01522 510041 | www.southwestlincolnshireccg.nhs.uk

Shelter (Housing/homeless advice) - www.shelter.org.uk

Safeguarding Team 01522 876000 | **Email** safeguarding@lincolncollege.ac.uk