

## NATIONAL HELPLINES

AMPARO	0330 088 9255	Support in Lincolnshire for those bereaved by Suicide. Open Monday to Friday 09:00 am – 5:00 pm
CALM	0800 58 58 58	5pm–midnight every day. They have a webchat service
CHILDLINE	0800 1111	Support for young people up to their 19 <sup>th</sup> Birthday
COMBAT STRESS	0800 138 1619 07537 173683	Support for Veterans open 24/7 Text support for Veterans
HOURGLASS (SAFER AGEING)	0808 808 8141	For victims of elder abuse, those concerned about an older person, families, carers and practitioners.
JEWISH WOMEN'S AID DOMESTIC ABUSE AND SEXUAL VIOLENCE	0808 801 0500	Open Monday to Thursday 09:30 am – 9:30 pm
KARMA NIRVANA HELPLINE	0800 5999 247	A helpline which provides emotional and practical support to victims and survivors of honour based abuse and forced marriage. Open Monday to Friday 09:00 am – 5:00 pm
MIND	0300 102 1234	9am to 6pm, Monday to Friday (except bank holidays).
MODERN SLAVERY & EXPLOITATION HELPLINE (UNSEEN UK)	08000 121 700	Open 08:00 am – 10:00 pm daily
MUSLIM YOUTH HELPLINE	0808 808 2008	Offers free confidential support and information by to help young people with a Muslim faith in the United Kingdom. Open 4:00 pm to 10:00 pm
NATIONAL ASSOCIATION FOR PEOPLE ABUSED IN CHILDHOOD (NAPAC)	0808 801 0331	Monday to Thursday 10:00 am to 9:00 pm. Friday 10:00 am to 6:00 pm. Closed Saturday and Sunday
NATIONAL BULLYING HELPLINE	0300 323 0169	Open from 9am to 5pm Monday to Friday, and 10am to 12pm on Saturday
NATIONAL DOMESTIC ABUSE HELPLINE	0808 2000 247	Run 24/7 by counsellors and volunteers
NATIONAL GAMBLING HELPLINE	0808 8020 133	National Gambling Helpline is dedicated to providing 24/7, free and confidential support and information by phone and online chat.
NATIONAL STALKING HELPLINE	0808 802 0300	Open 09:30 Hrs – 4:00 pm weekdays except for Wednesday's when the line opens at 1:00 pm

NATIONAL SUICIDE PREVENTION HELPLINE	0800 689 5652	6pm to midnight every day
NSPCC HELPLINE	0808 800 5000	Help adults in the United Kingdom who may want to discuss a child welfare concern. The helpline is manned by trained counsellors and is open Monday to Friday 10:00 am – 4:00 pm
OPOKA HELPLINE	0300 365 1700	Is a specialist service working to stop domestic violence against women and children in the Polish community. Open 10:00 am – 1:00 pm Every Monday, Wednesday and Friday
PAPYRUS HOPELINEUK	0800 068 4141 07786 209 697	24/7 If you're under 35 and struggling with suicidal feelings, or conned about someone. To contact Papyrus by text
RAPE AND SEXUAL ABUSE SUPPORT LINE	0808 500 2222	Rape and Sexual Abuse Support Line is a service for anyone aged 16+ in England and Wales who has been affected by rape. Open 24/7
REFUGE National Domestic Abuse Helpline	0808 2000 247	For women experiencing domestic abuse. Open 24/7
RESPECT Men's Advice Line	0808 8010327	For men who are victims of Domestic violence Monday – Friday 10:00 am – 5 pm
RUNAWAY HELPLINE	116 000	For children and young people in the United Kingdom who have run away or are considering doing so. Open 09:00 am – 11:00 pm
SAMARITANS	116 123 Email	24/7 Free from any phone jo@samaritans.org
SANELINE	0300 304 7000	4.30pm–10pm every day)
SHOUT	SHOUT to 85258	24/7 Text based support
SOS SILENCE OF SUICIDE	0808 1151505	For people bereaved by suicide Open Monday – Friday 09:00 pm – 12:59 am and Weekends 05:00 pm to 12:59 am
SILVERLINE	08004 70 80 90	Support for older people – open 24/7
SWITCHBOARD	0300 330 0630	LGBTQ+ Support. Open 10am–10pm every day
THE MEN STANDING UP HELPLINE	0300 303 0167	For adults, the LGBTQ+ community, men, parents in the United Kingdom who may be experiencing emotional distress. Open 09:00 am to 04:30 pm – Monday to Friday

## FURTHER NATIONAL HELPLINES

For more helplines go on to the find a helpline at

<https://findahelpline.com/countries/gb>

## LINCOLNSHIRE HELPLINES

LINCOLNSHIRE DOMESTIC ABUSE SERVICE 01522 510041

Open Monday to Friday 09:00 am – 5:00 pm

LINCOLNSHIRE HERE4YOU 0800 234 6342

Open 24/7 For those seeking emotional wellbeing and mental health support for children and young people

LINCOLNSHIRE RURAL SUPPORT NETWORK 0800 138 1710

Providing a lifeline for the agricultural and horticultural communities and allied industries in Lincolnshire. Open 08.00 am to 08:00 pm

NHS 111 111 Option 2

24/7 Dedicated urgent mental health support

NIGHT LIFE CAFÉ 0300 011 1200

Night Light Cafés are safe spaces, for anyone over the age of 18 years, that offer out-of-hours, non-clinical support.

SINGLE POINT OF ACCESS 0303 123 4000

If you need greater support and you are not open to the Crisis Team.

## OTHER USEFUL LINCOLN CONTACTS

1IN4REVOLUTIONARIES	<a href="https://www.1in4revolutionaries.co.uk/">https://www.1in4revolutionaries.co.uk/</a>	A group in its development stage looking at promoting all things wellbeing and greater access to services
---------------------	---	---

CEOP	<a href="https://www.ceop.police.uk/safety-centre">https://www.ceop.police.uk/safety-centre</a>	Reporting online abuse or online safety concerns
------	---	--

H.A.Y LINCOLNSHIRE	<a href="https://haylincolnshire.co.uk/">https://haylincolnshire.co.uk/</a>	Directory of services and groups in Lincolnshire
--------------------	---	--

KOOTH.COM	<a href="https://www.kooth.com/">https://www.kooth.com/</a>	Free online counselling for children and young adults
-----------	---	---

UPBEAT	<a href="https://upbeat-lincoln.webnode.page/">https://upbeat-lincoln.webnode.page/</a>	Social Group and peer support for people with personality disorders, friends and carers.
--------	---	--

## NOTTINGHAMSHIRE HELPLINES

BROXTOWE WOMEN'S PROJECT HELPLINE	01773 719111	Empowering women and helping them survive domestic abuse
NHS 111	111 Option 2	24/7 Dedicated urgent mental health support
NOTTINGHAMSHIRE HEALTHCARE NHS FOUNDATION TRUST	0808 196 3779	Emotional Wellbeing Support. Open 24/7
NOTTINGHAMSHIRE SEXUAL VIOLENCE SUPPORT SERVICES	0115 941 0440	Offering a range of services for survivors of rape and sexual assault aged 18 and above. Open Monday to Friday 10 am – 1:00 pm then 04:30 pm – 7:30 pm and Saturday 10:00 am – 1:00 pm

## OTHER USEFUL NOTTINGHAMSHIRE CONTACTS

CEOP	<a href="https://www.ceop.police.uk/safety-centre">https://www.ceop.police.uk/safety-centre</a>	Reporting online abuse or online safety concerns
KOOTH.COM	<a href="https://www.kooth.com/">https://www.kooth.com/</a>	Free online counselling for children and young adults
MEN IN SHEDS	<a href="https://menssheds.org.uk/">https://menssheds.org.uk/</a>	Men's Sheds encourage people to come together to make, repair and repurpose, supporting projects in their local communities. Improving wellbeing, reducing loneliness and combatting social isolation.
WHEN WOMEN GATHER	<a href="https://www.whenwomengather.uk/">https://www.whenwomengather.uk/</a>	When Women Gather is a not-for-profit Community Interest Company dedicated to addressing the growing challenges of isolation and loneliness among women through creative arts and wellbeing focused projects.
NOTTINGHAM WOMEN'S CENTRE	<a href="https://www.nottinghamwomenscentre.com/">https://www.nottinghamwomenscentre.com/</a>	Exist to help all self-identifying women in Nottinghamshire reach their full potential, have their voices heard, and overcome barriers to create a better future for themselves and their children.
THE WELLBEING HUB	<a href="https://www.nottinghamwellbeinghub.org/">https://www.nottinghamwellbeinghub.org/</a>	The Wellbeing Hub provides free, confidential support and advice to people seeking support for mental health, drugs or alcohol use, benefits support and employment.