

Supporting people with their mental wellbeing during COVID-19

The current pandemic is difficult for us all and more people may be experiencing stress, anxieties, or low mood and not know where to turn for support.

Below is a quick guide to some of the resources available in Lincolnshire to support people struggling with their mental wellbeing.

Mental Health Helpline	<p>Telephone: 0800 001 4331 (open 24/7)</p> <p>The helpline is for people who are feeling low, anxious or stressed and think that talking to another person may help them cope. The mental health helpline in Lincolnshire is open 24/7. The team can also help signpost to other support where necessary.</p>
Here4You advice line for children, young people and their families	<p>Telephone: 0800 234 6342 (open 24/7)</p> <p>The advice line offers support for young people's emotional wellbeing and mental health. It is available to children, young people, parents, carers and professionals in Lincolnshire.</p> <p>For more information about the Here4You advice line and children and young people's services visit www.lpft.nhs.uk/young-people/here4you</p> <p>Our children and young people website also has a wide range of self-help materials that young people and their families may find helpful www.lpft.nhs.uk/young-people</p>
Steps2change talking therapies	<p>Anyone over the age of 16 can self-refer or contact their GP for a referral to our steps2change talking therapies service. The coronavirus pandemic may have brought a lot of stress and anxiety into people's lives, and steps2change continue to offer telephone and video appointments, webinars, as well as a range of online and self-help therapies.</p> <p>www.lpft.nhs.uk/steps2change</p> <p><i>steps2change Lincolnshire is for mild to moderate mental health problems and cannot provide an urgent/emergency service.</i></p>
Lincolnshire's Recovery College	<p>People over the age of 16 can access free educational courses on mental health and wellbeing through the Lincolnshire Recovery College. Their courses are designed and delivered by people with lived experience of mental ill health, qualified trainers and health professionals. The college has a range of upcoming new courses that will be available over the next few months. All courses are delivered online.</p> <p>For more information please contact lpft.recovery.college@nhs.net, or visit www.lpft.nhs.uk/recovery-college</p>

Lincolnshire Mental Health Adviser Helpline

An advice line for those supporting people with their mental health. The Lincolnshire Mental Health Adviser Helpline is there to support, enable and empower people to deal with mental health queries and issues when they need information, advice or signposting. The helpline is available to anyone working with people experiencing mental health difficulties, whether you work for statutory, community, third sector or voluntary organisations.

You can access the **24/7 helpline on 0303 123 4000**
Referrals can also be sent to Lincsspa@nhs.net

Visit www.lpft.nhs.uk for more information