

SAFEGUARDING

What To Do Out Of College Hours

URGENT/ EMERGENCY

Medical Help - Call 111 or 999 if an emergency, or go to A&E

Police - Call 101 or 999 if an emergency

Lincs Social Care - 01522 782333 Out Of Office Hours (all ages)

Lincs Children's Social Care - 01522 782111 8am-6pm, Mon to Fri

Lincs Adult Social Care - 01522 78215 8am-6pm, Mon to Fri

Emergency in an EU country - 112

Anti-terrorism - 0800 789321 or 999 if an emergency

Under 25

Young Minds - Text 'YM' to 85258
Open 24/7 www.youngminds.org.uk
(Mental health support)

Childline - 0800 1111 open 24/7
www.childline.org.uk

The Mix - Call 0808 808 4994 3pm to 12am everyday or text 'THEMIX' to 85258 open 24/7 www.themix.org.uk
(Mental health support)

Kooth - online/in app chat for mental health www.kooth.com

Cruse - Bereavement - 0808 808 1677 everyday, see website for hours www.cruse.org.uk

Victim Support - 0808 168 9111 open 24/7 www.victimsupport.org.uk

Galop - LGBT+ Domestic Abuse - 0800 999 5428 10am-5pm, Mon to Fri
Galop - LGBT+ Hate Crime - 020 7704 2040 10am-4pm, Mon to Fri
www.galop.org.uk

Lincs Here4You helpline - 0800 234 6342 open 24/7
www.lpft.nhs.uk/young-people/lincolnshire/home
(For self referral and support)

Samaritans - 116 123 open 24/7
www.samaritans.org

Shout - text 'SHOUT' to 85258 open 24/7 www.giveusashout.org
(Mental health support)

Togetherall - Improving mental health and wellbeing
www.togetherall.com/en-gb/

Over 25

Mind - 0300 123 3393 open 9am-6pm, Mon to Fri www.mind.org.uk
(Mental health support)

Samaritans - 116 123 open 24/7
www.samaritans.org

Quell - online/in-app chat for mental health www.qwell.io

Cruse - Bereavement - 0808 808 1677 everyday, see website for hours
www.cruse.org.uk

Victim Support - 0808 168 9111 open 24/7 www.victimsupport.org.uk

Respect - Men's Advice Line - Domestic Abuse 10am-8pm, Mon to Fri www.mensadvice.org.uk

Refuge - Domestic Abuse - 0808 2000 247 open 24/7
www.nationaldahelpline.org.uk

Galop - LGBT+ Domestic Abuse - 0800 999 5428 10am-5pm, Mon to Fri
Galop - LGBT+ Hate Crime - 020 7704 2040 10am-4pm, Mon to Fri
www.galop.org.uk

Lincs Mental Health helpline - 0800 001 4331 open 24/7
www.lpft.nhs.uk/our-services/self-care-and-accessing-support

Shout - text 'SHOUT' to 85258 open 24/7 www.giveusashout.org
(Mental health support)

SAD - General Mental Health www.studentsagainstdepression.org

Togetherall - Improving mental health and wellbeing
www.togetherall.com/en-gb/

Parents/ Carers

Young Minds Parent Helpline - 0808 802 5544 9.30am-4pm, Mon to Fri
www.youngminds.org.uk
(Support for parents)

NSPCC - 0808 800 5000 Mon to Fri 8am-10pm. Weekends 9am-6pm
www.nspcc.org.uk

Cruse - Bereavement - 0808 808 1677 everyday (see website for hours)
www.cruse.org.uk

Victim Support - 0808 168 9111 open 24/7 www.victimsupport.org.uk

Respect - Men's Advice Line - Domestic Abuse 0808 801 0327 10am-8pm, Mon to Fri www.mensadvice.org.uk

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Lincs Here4You helpline - Self referral and support for young people
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