

Crisis Support: If you need support in a crisis situation and feel that you cannot keep yourself safe, **please call 999**. For immediate support, you can also:

Attend A&E (Accident and Emergency) at your local hospital
Contact your GP (during surgery opening hours)
Call 111 . To get help in other languages, including British Sign Language, an interpreter is available from 8.00am to midnight daily at: https://interpreternow.co.uk/nhs111
NHS Single Point of Access (SPA) provides access to mental health services, both routine and urgent. For further information, please visit: http://www.lpft.nhs.uk/contact-us/single-point-access or call 0303 123 4000 or email Lincs.spa@nhs.net
Whatever you are going through, you can call the Samaritans FREE on 116 123 or email jo@samaritans.org Please note that the response time for an email is 24 hours. For further information, please visit: http://www.samaritans.org/how-we-can-help-you
Contact Shout the UK's first 24/7 text service, free on all major networks, for anyone in crisis, anytime, anywhere. Text 85258 for help. For further information, please visit: http://www.giveushout.org
Sign Health offers psychotherapy and crisis text support for D/deaf people and BSL users. For further information, please visit: https://www.signhealth.org.uk or Text: DEAF to 85258
British Society for Mental Health and Deafness can help direct you to accessible support and qualified deaf counsellors. For further information, please visit: https://www.deaf4deaf.com or email: info@bsmhd.org.uk
The Mix offers advice and crisis support to under 25s, via email, text and 1-2-1 online chats. For further information, please visit: https://www.themix.org.uk or text THEMIX to 85258
Papyrus offers crisis support to people under 35 years. To access, please call Hopeline UK on 0800 068 4141 or text 07786 209697 (open 9am to 10pm weekdays and 2pm to 10pm at weekends) For further information, please visit: http://papyrus-uk.org/



Action on Hearing Loss Mental Health

- ◆ Mental health problems can affect anyone at anytime in their lives
- ◆ 1:4 people in the UK will experience some form of mental health issue (The Children's Society 2018)
- ◆ Please seek help if you, or someone you know, is experiencing mental health difficulties

Lincolnshire Sensory Service, Wellingore Hall, Hall Lane, Wellingore, LN5 0HX.

Tel: 03333 202667 Text: 07710155104

Facebook: Lincolnshire Sensory Services

Twitter: @LincsSensory

Mental health Support Services:

Talk to your **GP** if you feel able to do so

Steps2change is a free NHS talking therapies service. To access please call **0303 123 4000** or access an online referral form at: <http://www.lpft.nhs.uk/steps2change/home>

Supporting Minds (not for profit organisation). Contact **01522 274151** or **07522 817 992** or email joanne@supportingminds.com For further information, please visit: <http://www.supportingminds.com>

Mind is a leading mental health charity which provides support and information to individuals who are experiencing a range of mental health difficulties. For support, please call **0300 123 3393** or email: info@mind.org.uk or **text 86463**. For further information, please visit: <http://www.mind.org.uk/information-support/>

Cognitive Behavioural Therapy (CBT) has been proven to help with mental health. To access **CBT self-help resources** for a range of mental health problems, please visit: <http://www.getselfhelp.co.uk>

Every Mind Matters provides information and support for looking after your mental health. Information and resources can be found at: <http://www.nhs.uk/oneyou/every-mind-matters/>

Mental Health Foundation provides information and support to help you look after your mental health. For further information, please visit: <http://www.mentalhealth.org.uk/>

Calm (Campaign Against Living Miserably) provides support for people who feel low in mood or feel as though they have hit a wall. Call **0800 585 858** (daily 5pm to midnight) or access web chat at: <http://thecalmzone.net/help/get-help/>

Lincolnshire Mental Health and Emotional Wellbeing Helpline is available 24/7, and can provide emotional, support, advice and guidance if you are feeling low, anxious or stressed. For more information, please call **0800 001 4331** or visit <http://www.lpft.nhs.uk/news/mental-health-lincolnshire>

Support Specific for D/deaf, HoH and BSL Users:

Sign Health offers psychotherapy and crisis text support for D/deaf people and BSL users. For further information, please visit: <https://www.signhealth.org.uk> or Text: DEAF to **85258**

British Society for Mental Health and Deafness can help direct you to accessible support and qualified deaf counsellors. For further information, please visit: <https://www.deaf4deaf.com> or email: info@bsmhd.org.uk

Deaf4Deaf offers sign language counselling and psychotherapy sessions. For further information, please visit: <https://www.deaf4deaf.com>

Support Specific to Older People

Age UK provides information and support to help you with your mental health. For support please call 0800 678 1602 (open 8am to 7pm daily). For further information, please visit: <http://www.ageuk.org.uk/information-advice/health-wellbeing/mind-body/mental-wellbeing/>

Silverline is a free confidential helpline for older people. The service is available 24/7. Please call 0800 470 80 90. For further information, please visit: <https://www.thesilverline.org.uk/>

Support Specific for Children and Young People

If you are a child or young person and you need support, please call **Childline** on **0800 1111** (open 24/7) For further information, please visit: <http://www.childline.org.uk>

Kooth online counselling service available for 11 to 25 year olds. For further details, please visit: <http://www.kooth.com/>

Young Minds provides support to children and young people (under 25 years). Parents can call **0808 802 5544** For further information, including email support, please visit: