

Lincolnshire Helpline Details:

Ending Domestic Abuse Now (EDAN): Tel: 01522 510041

Email info@edanlincs.org.uk Website www.edanlincs.org.uk

Kooth.com – www.kooth.com Counselling and support for young people aged 11-25

Healthy Minds – 01522 309777 (duty advice line) www.lincolnshire.gov.uk/ewb

Lincolnshire Integrated Sexual Health (LISH) - 01522 309309

National Helpline Details:

Childline - Confidential FREE service for anyone under 18 - www.childline.org.uk or Tel:

0800 1111

NSPCC (24/7) - 0808 800 5000

National Domestic Abuse Helpline – 0808 2000 247

National LGBT+ Domestic Abuse Helpline: 0800 999 5428 or help@galop.org.uk

National Stalking Helpline - www.stalkinghelpline.org or 0808 802 0300

Internet Safety Support Details:

Samaritans offer a safe place to talk and is available for anyone to contact, either through their website www.samaritans.org or by phone on 116 123

CEOP also offer an online 'Report Abuse' button which can be accessed at www.thinkuknow.co.uk

Alcohol and Drug Support Details:

contact: www.wearewithyou.org.uk

<https://www.talktofrank.com/>

<https://www.nhs.uk/>

In an emergency dial 999 - Contact your local police station