



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