



Lincoln Bishop
University



Local and National Support

At various points in our lives, we can be faced with challenging circumstances. In these situations, it is sometimes necessary to seek support from professional services.

In this leaflet we have provided information about some local and national services, as well as some useful wellbeing apps that can be downloaded onto your personal devices. This is not an exhaustive list.

If you need help accessing any services listed below, or you would like to look for another specialist support that isn't included in this leaflet, please speak to a member of the Student Advice & Wellbeing team.

Support Services based in Lincolnshire

We Are With You - A charity that offers free, confidential support to people in England and Scotland who have issues with drugs, alcohol or mental health. **01522 305518**

Steps2Change - A free NHS service that provides a range of evidence based talking therapies. **0303 123 4000** or **lincs.spa@nhs.net**

Night Light Café - An out of hours, non-clinical support service for people experiencing a crisis in their mental health. Call **0300 011 1200** or message on Facebook or Instagram **@nightlightcafelincoln**

Spring Lodge - Lincolnshire's Sexual Assault Referral Centre, supporting victims of rape and abuse. **01522 524402** (office hours), **0303 1234 000** (out of hours) or **lpft.springlodge@nhs.net**

EDAN Lincs Domestic Abuse Service - Support and assistance for men, women and children suffering, or fleeing from domestic abuse. **01522 510041** or **info@edanlincs.org.uk**

St Barnabas Hospice - Providing bereavement support following the loss of a loved one. **01522 518 246**

CANadda - Support group for adults with an Autism Spectrum Disorder, Dyslexia, Dyspraxia and Attention-Deficit Hyperactivity Disorder. **www.canadda.org.uk**

LPFT Eating Disorders Service - Support and treatment for eating disorders. **www.lpft.nhs.uk/our-services/adults/eating-disorders**

Victim Support Lincs - Providing support to victims of crime. **01522 947510** or **0808 168 9111** (out of hours)

Connect to Support Lincolnshire - An online information and advice library, community directory and marketplace for citizens of Lincolnshire. **lincolnshire.connecttosupport.org** or **0300 303 8789**

Other National Support Services

Andy's Man Club - A men's suicide prevention charity, offering peer-to-peer support groups across the United Kingdom and online. andysmanclub.co.uk

National Autistic Society - Here to transform lives and change attitudes to help create a society that works for autistic people. www.autism.org.uk

Papyrus - UK charity dedicated to the prevention of suicide in young people- www.papyrus-uk.org or **0800 068 4141**

Beat - The UK's eating disorder charity. www.beateatingdisorders.org.uk or **0808 801 0677**

Stonewall - Information and support for members of the LGBTQ+ community. www.stonewall.org.uk

Mindline Trans+ - An emotional and mental health support helpline for anyone identifying as transgender, non-binary, genderfluid. mindlinetrans.org.uk or **0300 330 5468**

Useful Apps

DistrACT - An award-winning app that provides trusted information and links to support for people who self-harm and may feel suicidal. apps.apple.com/gb/app/distract/id1225176329



The Survivors Trust - The largest umbrella agency for specialist rape and sexual abuse services in the UK. www.thesurvivorstrust.org or **08088 010818**

Mind - Provide advice and support to empower anyone experiencing a mental health problem. www.mind.org.uk or **0300 123 3393**

Stop Hate UK - One of the leading national organisations working to challenge all forms of Hate Crime and discrimination, based on any aspect of an individual's identity. www.stophateuk.org

Togetherall - A safe, online community where people support each other anonymously to improve mental health and wellbeing. Create a free account with your university email. togetherall.com/en-gb/

Stay Alive - A suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. Created for those at risk of suicide and people worried about someone. www.stayalive.app



(continued overleaf...)

Useful Apps (cont.)

Feelmo - A free mental health app geared towards university students struggling with anxiety, stress and depression. Feelmo provides you with evidence-based psycho-education to help you better understand what you're feeling, why and what you can do about it. **www.feelmo.co.uk**



Headspace - A science-backed app in mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep. **www.headspace.com**



NHS Couch to 5K - Healthy changes start with little changes. Whether you want to lose weight, get more active or improve your mood, Better Health and Couch to 5K will be here to support you. **apps.apple.com/gb/app/nhs-couch-to-5k/id1082307672**



Hollie Guard - This app turns your phone into a personal safety device. Protect yourself from violence and accidents, record evidence and alert emergency contacts of your whereabouts quickly and easily. **hollieguard.com/#home**



For more information, please contact the Student Advice & Wellbeing team.

✉ **studentadvice@lincolnbishop.ac.uk**

☎ **01522 583600**

🖱 **lincolnbishop.ac.uk/studentadvice**

Available Hours

Monday: 8:30am – 5:00pm

Tuesday: 8:30am – 5:00pm

Wednesday: 8:30am – 5:00pm

Thursday: 8:30am – 5:00pm

Friday: 8:30am – 4:30pm

If you require this document in an alternative format, for example in large print, please contact Student Advice & Wellbeing.