

## Supporting people with their mental wellbeing during COVID-19

The current pandemic is difficult for us all and more people may be experiencing stress, anxieties, or low mood and might not know where to turn for support.

Below is a quick guide to some of the resources available in Lincolnshire to support people struggling with their mental wellbeing.

<p><b>Mental Health Helpline</b></p>	<p><b>Telephone: 0800 001 4331 (open 24/7)</b>  <b>The helpline is for people 18+ years old</b> who are generally feeling low, anxious or stressed and think that talking to another person may help them cope. The mental health helpline in Lincolnshire is open 24/7. The team can also help signpost to other support where necessary.</p>
<p><b>Here4You line for children, young people and their families</b></p>	<p><b>Telephone: 01522 309120</b>  <b>Monday-Friday 9.30am-4.30pm</b>          Advice and/or self-referral to Lincolnshire's children and young people mental health/emotional wellbeing services. The advice line is open to young people, parents and carers. Outside of these times please contact the Single Point of Access Contact Centre on 0303 123 4000.</p> <p>More information about Here4You self-referral is available at <a href="http://www.lpft.nhs.uk/young-people/here4you">www.lpft.nhs.uk/young-people/here4you</a></p> <p>Our children and young people website also has a wide range of self-help materials that young people and their families may find helpful <a href="http://www.lpft.nhs.uk/young-people">www.lpft.nhs.uk/young-people</a></p>
<p><b>Steps2change talking therapies</b></p>	<p>Anyone over the age of 16 can self-refer or contact their GP for a referral to our steps2change talking therapies service. The coronavirus pandemic may have brought a lot of stress and anxiety into people's lives, and steps2change continue to offer telephone and video appointments, webinars, as well as a range of online and self-help therapies.</p> <p><a href="http://www.lpft.nhs.uk/steps2change">www.lpft.nhs.uk/steps2change</a></p> <p><b><i>steps2change Lincolnshire is for mild to moderate mental health problems and cannot provide an urgent/emergency service.</i></b></p>
<p><b>Lincolnshire's Recovery College</b></p>	<p>People over the age of 16 can access free educational courses on mental health and wellbeing through the Lincolnshire Recovery College. Their courses are designed and delivered by people with lived experience of mental ill health, qualified trainers and health professionals. The college has a range of upcoming new courses that will be available over the next few months. All courses are delivered online.</p> <p>For more information please contact <a href="mailto:lpft.recovery.college@nhs.net">lpft.recovery.college@nhs.net</a>, or visit <a href="http://www.lpft.nhs.uk/recovery-college">www.lpft.nhs.uk/recovery-college</a></p>

### Professionals' helpline

Telephone helpline offering mental health advice, guidance and signposting to statutory, third sector, voluntary and wider community services. The professionals' line is staffed by registered practitioners.

You can access the **24/7 helpline on 0303 123 4000** and asking to be put through to tier 2 professionals' line. Referrals can also be sent to [Lincsspa@nhs.net](mailto:Lincsspa@nhs.net)