

LSCP Emotional Wellbeing Resources Campaign

Resource	What is the resource?	Links/Contact
Lincolnshire Partnership NHS Foundation Trust (LPFT)	A single telephone number that anyone can call 24/7 for advice or to ask for help from Lincolnshire's emotional wellbeing and mental health support services. LPFT has a lot of information on their website, including advice and self-help videos on the topic of mental health and emotional wellbeing.	0800 234 6342 www.lpft.nhs.uk/young-people/lincolnshire/young-people
Kooth	Young people in Lincolnshire aged 11-18 can visit the website for advice, information, online forums or to get help by speaking to a counsellor between 12pm to 10pm on weekdays, 6pm to 10pm on weekends.	www.kooth.com
Charlie Waller Trust	This website offers expert, evidence-based articles and resources for parents and carers on a range of topics relating to the mental health of young people. This includes tips, support forums and practical activities.	Parents and Carers Mental Health Resources Library (charliewaller.org)
Lincolnshire's Children's Health Service 0-19	Children and Young People's Nurse will be able to offer advice and signposting to them on any health matters, including mental health	01522 843000 or online- www.lincolnshire.gov.uk/health-wellbeing/health-visitors
Young Minds	Practical advice and tips on supporting your child - from how to encourage your child to open up about their feelings to dealing with mental health services.	Parents Mental Health Support Advice for Your Child YoungMinds
Family Services Directory and Local Offer	A website linking to Emotional Wellbeing and Mental Health and the various topics within this such as depression, loneliness and self harm. Clicking on the different topics offers more information and guidance as to where to go or who you can talk to within Lincolnshire.	Emotional Wellbeing and Mental Health Lincolnshire FSD (openobjects.com)
Healthy Minds Lincolnshire Online Workshops	Healthy Minds Lincolnshire and Mental Health Support Teams have developed a range of online workshops to support children/young people and families learn new strategies to manage a variety of emotional wellbeing concerns	Online Workshops :: Lincolnshire Young Minds (lpft.nhs.uk)
Survivors of Bereavement by Suicide	A UK-based organisation offering peer-led support to people impacted by suicide loss, aiming to provide safe, confidential environments where people can share their experiences and feelings, giving and gaining support from each other.	Survivors of Bereavement by Suicide – Overcoming the isolation of people bereaved by suicide (uksobs.org)