

# MENTAL HEALTH SUPPORT & ADVICE

Single Point of Access (Mental Health Support) - Lincs 0303 123 4000 | Notts 01777 274 422

CASY – Counselling Service Under 25's (Notts & Lincs) - 01636 704620

Young Minds (Mental Health Support Under 25's) - [www.youngminds.org.uk](http://www.youngminds.org.uk)  
For urgent help text YM to 85258

Mind (mental health support) - [www.mind.org.uk](http://www.mind.org.uk) - 0300 123 3393 text 86463

NHS Talking Therapy Services (Notts 18+) - 0300 555 5582

Online Counselling Service - Kooth.com (Under 25's Lincs only)

Samaritans - [www.samaritans.org](http://www.samaritans.org) | 116 123

Lincs Suicide Safe - [www.lpft.nhs.uk](http://www.lpft.nhs.uk)

CRISIS Team 18+ - 01522 573648

CRISIS Team Newark & Sherwood - 0300 3000 131 or 01159 560860 Self Harm UK - [www.selfharm.co.uk](http://www.selfharm.co.uk)

NHS Non emergency (mental health assessment) - 111 Emergency - 999 Shout (free support in crisis) Text Shout to 85258 [www.giveusashout.org](http://www.giveusashout.org)

**Safeguarding Team 01522 876000**  
**Email [safeguarding@lincolncollege.ac.uk](mailto:safeguarding@lincolncollege.ac.uk)**

