

SAFEGUARDING

What To Do Out Of College Hours

URGENT/EMERGENCY
Medical Help —Call 111 or 999 if an emergency, or go to A&E
Police —Call 101 or 999 if an emergency
Lincs Social Care — 01522 782333 emergency out of hours (all ages)
Lincs Adult Social Care — 01522 782155
Lincs Children Social Care — 01522 782111

UNDER 25
Young Minds - Text 'YM' to 85258 Open 24/7 www.youngminds.org.uk (Mental Health Support)
Childline - 0800 1111 open 24/7 www.childline.org.uk
The Mix - Call 0808 808 4994 3pm to 12am everyday or text 'THEMIX' to 85258 open 24/7 www.themix.org.uk (Mental Health Support)
Kooth - online/in app chat for mental health www.kooth.com
Cruse - Bereavement - 0808 808 1677 everyday, see website for hours www.cruse.org.uk
Victim Support - 0808 168 9111 open 24/7 www.victimsupport.org.uk
Galop - LGBT+ Domestic Abuse - 0800 999 5428 10am-5pm, Mon to Fri Galop - LGBT+ Hate Crime - 020 7704 2040 10am-4pm, Mon to Fri www.galop.org.uk
Lincs Here4You helpline - 0800 234 6342 open 24/7 www.lpft.nhs.uk/young-people/lincolnshire/home (For self referral and support)
Samaritans - 116 123 open 24/7 www.samaritans.org
Shout - text 'SHOUT' to 85258 open 24/7 www.giveusashout.org (Mental health support)

OVER 25
Mind - 0300 123 3393 open 9am-6pm, Mon to Fri www.mind.org.uk (Mental Health Support)
Samaritans - 116 123 open 24/7 www.samaritans.org
Quell - online/in-app chat for mental health www.qwell.io
Cruse - Bereavement - 0808 808 1677 everyday, see website for hours www.cruse.org.uk
Victim Support - 0808 168 9111 open 24/7 www.victimsupport.org.uk
Respect - Men's Advice Line - Domestic Abuse 10am-8pm, Mon to Fri www.mensadviceline.org.uk
Refuge - Domestic Abuse - 0808 2000 247 open 24/7 www.nationaldahelpline.org.uk
Galop - LGBT+ Domestic Abuse - 0800 999 5428 10am-5pm, Mon to Fri Galop - LGBT+ Hate Crime - 020 7704 2040 10am-4pm, Mon to Fri www.galop.org.uk
Lincs Mental Health helpline - 0800 001 4331 open 24/7 www.lpft.nhs.uk/our-services/self-care-and-accessing-support
Shout - text 'SHOUT' to 85258 open 24/7 www.giveusashout.org (Mental Health Support)
SAD - General Mental Health www.studentsagainstdenpression.org

PARENTS/CARERS
Young Minds Parent Helpline - 0808 802 5544 9.30am-4pm, Mon to Fri www.youngminds.org.uk
NSPCC - 0808 800 5000 Mon to Fri 8am-10pm. Weekends 9am-6pm www.nspcc.org.uk
Cruse - Bereavement - 0808 808 1677 everyday (see website for hours) www.cruse.org.uk
Victim Support - 0808 168 9111 open 24/7 www.victimsupport.org.uk
Refuge - Domestic Abuse - Domestic Abuse 0808 2000 247 open 24/7 www.nationaldahelpline.org.uk
Galop - LGBT+ Domestic Abuse - 0800 999 5428 10am-5pm, Mon to Fri Galop - LGBT+ Hate Crime - 020 7704 2040 10am-4pm, Mon to Fri www.galop.org.uk
Lincs Here4You helpline - Self referral and support for young people 0800 234 6342 open 24/7 www.lpft.nhs.uk/young-people/lincolnshire/home
Lincs Mental Health helpline - 0800 001 4331 open 24/7 www.lpft.nhs.uk/our-services/self-care-and-accessing-support
Shout - text 'SHOUT' to 85258 open 24/7 www.giveusashout.org (Support for parents)
Respect - Men's Advice Line - Domestic Abuse 0808 801 0327 10am-8pm, Mon to Fri www.mensadviceline.org.uk (Mental health support)
Samaritans - 116 123 open 24/7 www.samaritans.org