

Safeguarding or Mental Health Difficulties

Advice
Practical Support
Resources
Information
Help in a crisis

Safeguarding

If you are, or you believe that another child or adult may be, a victim of neglect, abuse or cruelty call:

Children's Safeguarding

Tel: 01522 782111

Adults Safeguarding -

Tel: 01522 782155

or 01522 782333 (outside office hours)

You do not need to know everything about the situation. You may just be worried or feel that something is not right.

If you believe that a crime has been committed and there is an immediate risk of danger, call the police on 999 or 112.

Mental Health and Wellbeing

Steps 2 Change

Tel: 0303 123 4000

To access NHS support for mental health difficulties or online at

<https://www.lpft.nhs.uk/steps2change/home>



NHS Talking Therapies for Lincolnshire

Visit www.KOOTH.com

Online counselling for young people up to age 25. You can access this from home on your computer or phone.



Feeling Suicidal

Telephone your Doctors' surgery or 111 if you need urgent support.

Please do not ring the numbers above unless it is urgent. If you are not feeling suicidal follow other links included in this leaflet.



Coronavirus and your wellbeing

Advice on how to stay well

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>



Other support organisations

- Child Line – Tel: 0800 1111
- Samaritans – Tel: 116 123

Find self-harm support groups and many other support lines with advice about mental and physical health at <https://www.themix.org>



CalmHarm App

Support to manage self-harm



College VLE

Be healthy – Stay safe section

Counselling, Mental Health & Wellbeing

Self-help materials, websites, help lines and much more that you can access at home.



Please talk to your family and friends if you are feeling anxious or low in mood.

Be kind to others and support them if you can.

Student Mentor Contact Numbers

Monday - Friday 9am - 5pm

(Term Time only)

Debbie Wood - 07719542710

Steve Parsons - 07719542705

Dave Ferguson - 07719542712

Robert Moreland - 07719542679

Caroline Eyre - 07719542674 (9am-4pm)

Mental Health and Wellbeing Advisor

Monday - Thursday - 9am – 5pm

Friday - 9am - 4.30pm

(Term Time only)