

# Mental Health Support

## Available locally in NLCCG

1) **Talking shop:**

Our local psychological therapy services, which offers guided self-help that teaches people tools and techniques to improve their wellbeing.

Self-referral on 01724 867297

2) **Haven:**

Offers mental health support to people aged 16 and over in North Lincolnshire in the evenings and at weekends, when they may need help most. As well as offering support, professionals are also able to refer and direct onwards to further services if required.

Self-referral, from 6:00 pm to midnight everyday- on 01724 279500

3) **Access Team including Crisis Resolution service:**

24/7 mental health emergency helpline, which is for people experiencing a mental health crisis.

Referrals from clinicians & self-referral on 01724 382015

4) **Scunthorpe & District MIND-**

Mental Health Charity based in Scunthorpe, which has helpful resources on its website & conducts workshops & events.

Self- referral on 01724 279500

## Websites:

1) **Public Health England:**

Coronavirus (COVID-19)- Looking after your feelings and your body, published March 2020

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/876996/Easy\\_read\\_looking\\_after\\_your\\_feelings\\_and\\_body.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/876996/Easy_read_looking_after_your_feelings_and_body.pdf)

2) **Mood Juice:**

validated NHS website with lots of self-help guides.

[www.Moodjuice.scot.nhs.uk](http://www.Moodjuice.scot.nhs.uk)

3) **Samaritans:**

website for a comprehensive run-through of steps to look after yourself during this lockdown period. It ranges from how to keep yourself fit and healthy while working from home to curating your social media feeds so that you don't feel overwhelmed.

[www.samaritans.org](http://www.samaritans.org)

4) **Mencap:**

Website for people with learning disability

[www.mencap.org.uk](http://www.mencap.org.uk)

5) **CALM:**

charity specifically aimed at tackling suicides.

<https://www.thecalmzone.net>

6) **The Help Hub:**

The Help Hub is collection of qualified therapists who are offering free 20-minute sessions with people who are struggling with limited contact during the lockdown. Sessions are conducted on Facetime, Skype or over the phone, and a slot can be booked through their calendar on the website.

<https://www.thehelphub.co.uk>

7) **Young Minds:**

provides support and advice to children and young people about a variety of mental health issues.

[www.youngminds.org.uk](http://www.youngminds.org.uk)

8) **Mind:**

provides information and advice on different types of mental health problems, medication, treatments, and guides to support and services.

[www.mind.org.uk](http://www.mind.org.uk)

9) **Rethink Mental Illness:**

challenges attitudes to mental health and changes lives by providing individuals with information, support and advice.

[www.rethink.org](http://www.rethink.org)

10) **Time to Change:**

aims to challenge mental health stigma and discrimination. It contains information about mental health and why we need to start talking about it.

[www.time-to-change.org.uk](http://www.time-to-change.org.uk)

11) **The Mental Health Foundation:**

is an informative website which offers information on most aspect of mental health and learning disabilities.

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

12) **Get Connected:**

a free, confidential and multi-issue helpline service for young people under 25 who need help.

[www.getconnected.org.uk](http://www.getconnected.org.uk)

**13) Beat:**

Charity supporting anyone affected by eating disorders or difficulties with food, weight and shape.

[www.b-eat.co.uk](http://www.b-eat.co.uk)

**14) National Self-Harm Network:**

aims to support individuals who self-harm to reduce emotional distress and improve their quality of life.

[www.nshn.co.uk](http://www.nshn.co.uk)

**15) Get Self-Help:**

Website with a variety of resources and worksheets that we can work through to try and help improve our mental health.

[www.get.gg](http://www.get.gg)

**16) Teen Mental Health:**

Provides resources, advice and information for teenagers who are worried about their mental health.

[www.teenmentalhealth.org](http://www.teenmentalhealth.org)

**17) Stem 4:**

Provides information and focuses on early awareness and intervention of the following mental health issues in teenagers: eating disorders; depression and anxiety; self-harm; and addiction. This website aims to help young people, parents and schools.

[www.stem4.org.uk](http://www.stem4.org.uk)

**18) Mind Your 5:**

Provides information and advice on how to look after your mental health and wellbeing.

[www.mindyour5.co.uk](http://www.mindyour5.co.uk)

## **Apps:**

1) **NHS website:**

<https://www.nhs.uk/apps-library/>

2) **Headspace:**

Popular app which offers mindfulness for our everyday life. It is currently free for public during the CoVID crisis.

<https://www.headspace.com>