



open minds
 Care and support for people age 16+ experiencing common mental health problems, such as stress, depression and anxiety
 01472 625100

kooth
 Kooth is a free online service offering emotional and mental health support for children and young people
 www.kooth.com

RETHINK MENTAL HEALTH
 Expert, accredited advice and information for anyone affected by mental health problems, 10am to 2pm Mon to Fri (local rate)
 0300 5000 927

Families first
School Nursing Service
 For all children and young people, confidential advice on any aspect of your health and wellbeing. Ask your school for an appointment or phone (01472) 323660.
 If you're aged 11-16 years old you can text your school nurse on 07507331620. They can help with all kinds of issues such as: mental health, self-harm, bullying, bereavement and smoking.

Are you OK?
 keep your MIND well...
POSITIVE STEPS
 to emotional and mental wellbeing
 ...for young people

NSPCC
 If you are concerned for the welfare of a child 0800 800 5000
 help@nspcc.org.uk

YOUNGMINDS
 UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people
 www.youngminds.org.uk

RISE ABOVE
 ...is about young people sharing their experiences, questions and challenges to get ready for anything life throws at them - take a look at
 www.riseabove.org.uk

SAMARITANS
 Talk to us any time, in your own way, and off the record, about whatever's getting to you. You don't have to be suicidal
 01472 353111
 jo@samaritans.org

Families first
Access Point
 The first point of contact for parents, the community, professionals and other agencies when they have a worry or concern about a child or family.
 (01472) 326292.

For more information about support for your emotional and mental health and wellbeing in North East Lincolnshire visit www.nelincs.gov.uk/areyouOK

NORTH EAST LINCOLNSHIRE COUNCIL
www.nelincs.gov.uk

ChildLine
 Support, information and advice on bullying, gangs, puberty, sexual abuse, alcohol, drugs, or anything else that worries you. To talk to someone online in confidence 24/7 visit www.childline.org.uk/talk
 0800 1111

Cruse Bereavement Care
Cruse Day by Day
 Help and support for people who are bereaved
 0808 808 1677
 A special line for young people
 0844 477 9400

mind
Mind Info Line
 Confidential advice and help for people with mental health problems
 0300 123 3393
 or text: 86463

YPSS
Feelings First
 Counselling and therapy for young people age 4-25
 01472 323268