

MENTAL HEALTH / WELLBEING

Organisation name	Service type	Restrictions	Contact
CRISIS Team - Single Point of Access (Adults 24-hour North East Lincolnshire Mental Health Support line)	Mental health emergencies or immediate response required	Adults	Single Point of Access Tel: 01472 256256 and select option 3 Website: https://navigocare.co.uk/what-we-do/services-z
NAVIGO SafeSpace NAVIGO Coffee House on Brighowgate, Grimsby	Safespace is an out-of-hours, open door crisis cafe where you can get instant and practical mental health support. If you're feeling vulnerable in the evenings, you can drop into Safespace and speak to fully trained mental health professionals who will help you manage your wellbeing. Available Monday - Sunday 5.30pm-11.30pm (walk in/ telephone/ zoom)	Adults	Single Point of Access Tel: 01472 256256 and select option 3. Website: https://navigocare.co.uk/what-we-do/services-z/safespace
Give us a shout	Text service. Once you text, you will receive 4 automated messages before you are connected to a Shout Volunteer. This will usually be within 5 minutes but can take longer. The volunteer will introduce themselves and ask you to share a bit more about what's bothering you i.e., anxiety, depression, addiction.	Young People and Adults	Text support 24/7 - 85258
Open Minds - NAVIGO 3-7 Brighowgate Grimsby DN32 0QE	Open Minds offers a range of therapies aimed at helping you to deal with stress, anxiety or depression.	Young People 16+ / Adults	Tel: (01472) 625100. Email: NAV.OpenMinds@nhs.net To complete a referral online please visit; https://navigocare.co.uk/what-we-do/services-z/open-minds/self-refer-open-minds

<p>Young Minds Matter Freshney Green Primary Care Centre Sorrel Road, Grimsby DN34 4GB</p>	<p>YMM provides emotional wellbeing and mental health service with a focus on prevention, early intervention and building a resilient community for children and young people.</p>	<p>Children & Young People</p>	<p>Tel: 01472 252570 Email: lpft.nelymm@nhs.net</p>
<p>Fortis Therapy</p>	<p>Support young people, parents and staff through one-to-one confidential counselling, art and play therapy, and creative interventions.</p>		<p>Tel: 01472 241794 Email: enquiries@fortistherapy.co.uk claire@fortistherapy.co.uk Website: https://fortistherapy.co.uk/</p>
<p>LINCS Counselling Ltd 172 Yarborough Road Grimsby DN34 4DN</p>	<p>Qualified therapists who offer person-centered counselling, cognitive behavioral therapy, creative youth therapy and outdoor therapy. One-to-one sessions provided.</p>	<p>Young People/ Adults</p>	<p>Tel: 01472 564499 Website: www.lincscounselling.co.uk</p>
<p>Compass Go</p>	<p>Work with children and young people on a 1:1 basis offering Cognitive Behavioural therapy intervention.</p>	<p>Children & Young People</p>	<p>Tel: 01472 494250 Email: nelincsmhst@compass-uk.org Email: compass.go.mhst@nhs.net https://www.compass-uk.org/services/north-east-lincolnshire-mhst/</p>
<p>Open Door</p>	<p>Support available for those with additional needs including people:</p> <ul style="list-style-type: none"> • with Asperger's Syndrome and High Functioning Autism • who are homeless • from all ethnic groups • living with addiction • looking for employment and volunteering opportunities 	<p>Adults</p>	<p>Tel: 01472 722000 Website: https://www.opendoorcare.co.uk/</p>

	<ul style="list-style-type: none"> • Student Counselling Services 		
North East Lincolnshire Mind	Mental health support, Safe Space service 7 days a week	Whole of NEL	All enquiries directed to 01472 349991 or the information line free phone 0800 1380990 www.nelmind.org.uk https://navigocare.co.uk/what-we-do/services-z/safespace
Lincs Line	LincsLine is an out-of-hours service if you need mental health support due to mental ill health.	Adults	Tel: 0808 800 1010
NELC Wellbeing Service	Provide low level mental health support around anxiety/ depression/ healthy eating/ stopping smoking etc.	Adults	Tel: 01472 325500 Service Referral link: Wellbeing Service Provider Referral Form - Section 1 - Self service portal (achieveservice.com) Self Referral Link: Wellbeing Service Self Referral Form - Section 1 - Self service portal (achieveservice.com)
Samaritans	Whatever you're going through, you can call or email Samaritans any time for free.	Adults	Tel: 116 123 free from any phone Tel: 0330 094 5717 local call charges apply Email: jo@samaritans.org Website: https://www.samaritans.org/branches/grimsby/?gclid=EAlalQobChMI-53T6NDF9glVD5ftCh1YwwpEEAAYASAAEgl4evD_BwE
Kooth	Kooth is an online mental wellbeing community with free, safe, and anonymous support for young people through live chat.	Young People	https://www.kooth.com/

<p>School Nurse Text Service</p>	<p>Offer support around mental health, bullying, self-harm, bereavement, alcohol, smoking, healthy eating, contraception, sex & relationships</p>	<p>11 - 19 years</p>	<p>Text: 07507331620</p>
<p>Thrive-Nel Centre 4 Community Hub 17a Wootton Road, Grimsby DN33 1HE</p>	<p>Thrive-NEL hold a male only support group on Wednesday's, 10am - 11:30am at Centre 4.</p>		<p>Tel: 01472 236673 to self-refer</p> <p>Or a practitioner with consent can ring on their behalf and complete the referral form over the phone.</p>
<p>NHS Lincolnshire partnership - Eating disorders Unit 4 St George's Unit Long Leys Road Lincoln, LN1 1FS</p>	<p>General information around eating disorders and contact information for further details and support.</p>		<p>Tel: 01522 421632</p> <p>Email: Lpft.eatingdisorders@nhs.net</p> <p>Single point of Access Telephone: 0303 1234000</p> <p>Website: Eating disorders :: Lincolnshire Partnership NHS Trust (lpft.nhs.uk)</p>
<p>B-eat - Eating disorders</p>	<p>Helpline to support individuals with eating disorders. Engage with family and friends to support them supporting their loved ones who are experiencing an eating disorder. Training programmes for healthcare/ educational organisations. Training programmes available to people who are caring for someone with an eating disorder.</p>		<p>Telephone: 0845 6341414</p> <p>Email: Emailhelp@b-eat.co.uk</p> <p>Website: The UK's Eating Disorder Charity - Beat (beateatingdisorders.org.uk)</p>

	<p>Conduct events to promote support and awareness about eating disorders. Provides information and resources to support those with eating disorders and their family and friends to support both parties.</p>		
<p>Rharian Fields Eating Disorder Specialist Unit Milton Road Grimsby DN33 1AX</p>	<p>Helping people live with and recover from illnesses such as anorexia, bulimia, binge eating disorder or Other Specified Feeding and Eating Disorders (OSFED). Provides therapy options & inpatient and outpatient care.</p>		<p>Tel: 01472 808450</p> <p>Website: Rharian Fields :: NAViGO</p>