

**Lincolnshire Helpline Details:   
Ending Domestic Abuse Now (EDAN): Tel: 01522 510041  
Email** [info@edanlincs.org.uk](mailto:info@edanlincs.org.uk) **Website** [www.edanlincs.org.uk](file:///C:\Users\Neil.Bontoft\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\DKP58N4L\www.edanlincs.org.uk)  
**Kooth.com –** [www.kooth.com](http://www.kooth.com) Counselling and support for young people aged 11-25  
**Healthy Minds – 01522 309777 (**duty advice line) [www.lincolnshire.gov.uk/ewb](http://www.lincolnshire.gov.uk/ewb)  
**Lincolnshire Integrated Sexual Health (LISH)** - **01522 309309  
  
National Helpline Details:  
Childline -** Confidential FREE service for anyone under 18 - [www.childline.org.uk](http://www.childline.org.uk/) or Tel: **0800 1111  
NSPCC (24/7**) - **0808 800 5000  
National Domestic Abuse Helpline – 0808 2000 247  
National LGBT+ Domestic Abuse Helpline: 0800 999 5428 or** [help@galop.org.uk](mailto:help@galop.org.uk)  
**National Stalking Helpline -** [www.stalkinghelpline.org](http://www.stalkinghelpline.org)***or 0808 802 0300***

**Internet Safety Support Details:  
Samaritans** offer a safe place to talk and is available for anyone to contact, either through their website [www.samaritans.org](http://www.samaritans.org) or by phone on 116 123   
**CEOP** also offer an online **'Report Abuse'** button which can be accessed at [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)   
  
**Alcohol and Drug Support Details:**  
contact: [www.wearewithyou.org.uk](http://www.wearewithyou.org.uk)  
<https://www.talktofrank.com/>  
<https://www.nhs.uk/>  
  
**In an emergency dial 999 -** Contact your local police station