

Organisation name	Service type	Restrictions/areas	Contact
<b>Mental Health</b>			
<b>CRISIS Team - Single Point of Access</b> (Adults 24-hour Northeast 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: <a href="https://navigocare.co.uk/what-we-do/services-z">https://navigocare.co.uk/what-we-do/services-z</a>
<b>NAVIGO Safe Space</b> NAViGO Coffee House on Brighowgate, Grimsby	Safe space 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 Safe space 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: <a href="https://navigocare.co.uk/what-we-do/services-z/safespace">https://navigocare.co.uk/what-we-do/services-z/safespace</a>
<b>Open Minds - NAVIGO</b>	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.  To complete a referral online please visit; <a href="https://navigocare.co.uk/what-we-do/services-z/open-minds/self-refer-open-minds">https://navigocare.co.uk/what-we-do/services-z/open-minds/self-refer-open-minds</a>

<b>Young Minds Matter</b> Freshney Green Primary Care Centre Sorrel Road, Grimsby DN34 4GB	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	Children & Young People	Tel: 01472 252570
<b>Fortis Therapy</b>	Support young people, parents and staff through one-to-one confidential counselling, art and play therapy, and creative interventions.		Tel: 01472 241794 Email: enquiries@fortistherapy.co.uk claire@fortistherapy.co.uk  Website: <a href="https://fortistherapy.co.uk/">https://fortistherapy.co.uk/</a>
<b>LINCS Counselling Ltd</b> 172 Yarborough Road, Grimsby, DN34 4DN	Qualified therapists who offer person-centered counselling, cognitive behavioral therapy, creative youth therapy and outdoor therapy. One to one sessions provided.	Young People/ Adults	Tel: 01472 564499 Website: <a href="http://www.lincscounselling.co.uk">www.lincscounselling.co.uk</a>
<b>Compass Go</b>	Work with children and young people on a 1:1 basis offering Cognitive Behavioural Therapy intervention.	Children & Young People	Tel: 01472 494250  <a href="mailto:nelincsmhst@compass-uk.org">Email: nelincsmhst@compass-uk.org</a> Email: compass.go.mhst@nhs.net  <a href="https://www.compass-uk.org/services/north-east-lincolnshire-mhst/">https://www.compass-uk.org/services/north-east-lincolnshire-mhst/</a>
<b>Open Door</b>	Support available for those with additional needs including people:	Adults	Tel: 01472 722000  Website: <a href="https://www.opendoorcare.co.uk/">https://www.opendoorcare.co.uk/</a>

	<ul style="list-style-type: none"> <li>• with Asperger's Syndrome and High Functioning Autism</li> <li>• who are homeless</li> <li>• from all ethnic groups</li> <li>• living with addiction</li> <li>• looking for employment and volunteering opportunities</li> <li>• Student Counselling Services</li> </ul>		
<b>North East Lincolnshire Mind</b>	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 <a href="http://www.nelmind.org.uk">www.nelmind.org.uk</a> <a href="https://navigocare.co.uk/what-we-do/services-z/safespace">https://navigocare.co.uk/what-we-do/services-z/safespace</a>
<b>Lincs Line</b>	Lincs Line is an out-of-hours service if you need mental health support due to mental ill health.	Adults	Tel: 0808 800 1010
<b>Samaritans</b>	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 tel:116 123 Email <a href="mailto:jo@samaritans.org">jo@samaritans.org</a> Website: <a href="https://www.samaritans.org/branches/grimsby/?gclid=EAlaIqobChMI-53T6NDF9glVD5ftCh1YwwpEEAAYASAAEgl4evD_BwE">https://www.samaritans.org/branches/grimsby/?gclid=EAlaIqobChMI-53T6NDF9glVD5ftCh1YwwpEEAAYASAAEgl4evD_BwE</a>

<b>Kooth</b>	Kooth is an online mental wellbeing community with free, safe and anonymous support for young people through live chat.	Young People	<a href="https://www.kooth.com/">https://www.kooth.com/</a>
<b>School Nurse Text Service</b>	Offer support around mental health, bullying, self harm, bereavement, alcohol, smoking, healthy eating, contraception, sex & relationships	11yrs-19 yrs	Text: 07507331620