


General & Emergency Contacts

Service	Contact Details
Emergency Services (Police, Fire, Ambulance)	999 (Always use this for immediate danger or emergency)
Police Non-Emergency	101
North Lincolnshire Council - Adult Services (Care needs, support, reablement)	01724 297000 (Office Hours)
North Lincolnshire Children's Services - Single Point of Contact (SPOC) (Concerns about a child)	01724 296500 (Office Hours) 01724 296555 (Out of Hours)
Live Well North Lincolnshire (Online directory for local support groups, activities, and organisations)	Visit the North Lincs Council website and search for "Live Well North Lincolnshire"

Mental Health & Wellbeing Support

Service	Contact Details	Description
Mental Health Crisis Team (Adults) (Rotherham, Doncaster, & South Humber NHS Foundation Trust)	Freephone 0800 015 0211 (24/7 Access Team for urgent mental health help)	For adults experiencing a mental health crisis.
North Lincolnshire Mind - The Haven	01724 279500 (Available 4:00 PM to midnight, 7 days a week)	Late-night support service for people aged 16+ who need urgent help with their mental health but are not in a crisis requiring A&E.
Samaritans	116 123 (Free, 24/7)	Confidential emotional support for anyone

Service	Contact Details	Description
		experiencing distress or suicidal thoughts.
PAPYRUS HOPELINE247	0800 068 4141 (Call), 07860 039967 (Text)	Suicide prevention support for children and young people under 35, and anyone concerned about a young person.
Childline	0800 1111	Free counselling service for children and young people. You can talk to us about anything, call us on 0800 1111 or chat to us online.
CalmHarm		Join the app to get support around self harm