

Help and Support

We are here to help, to listen and to support. Students are encouraged to talk to staff and share their concerns. Their tutors or their Heads of Section are often a 'first port of call', but students often speak with other members of staff. We are also fortunate enough to have a school counsellor for students to access to discuss concerns and offer support.

Additional sources of support:

www.drugwise.org.uk -promotes evidence based information on drugs, alcohol and tobacco.

www.talktofrank.com –friendly, confidential drugs and alcohol advice (+FRANK 0800776600 –free 24-hour helpline)

www.childline.org.uk –advice on various issues.

www.kooth.com –online support for young people.

Area Based Help and Support:

Foundations - Young People's Service

About this service: No appointment is needed, just drop in. The young people's drug and alcohol service is for under 19s who use drugs or alcohol themselves, have a friend or family member who uses drugs or who want to find out more information about drugs and alcohol. Young People can speak to a worker about their own or someone else's drug and/or alcohol use. If a young person wants regular sessions for support they will be given a key worker who they will see every time they are seen (except in exceptional circumstances). Lead by a Consultant Psychiatrist specialising in addictions the service offers young people who need to be seen by a doctor to help them with stopping or controlling drug and alcohol use, the highest quality service. Appointments are offered at a range of venues to suit the young person.

Referral (how to access this service) -Self referral or via other agency

Catchment (areas they serve) -North East Lincolnshire

Get in touch

01472 571 200

Visit website

<https://www.careplusgroup.org>

DELTA Young People's Drug and Alcohol Service

About this service: DELTA provides outreach services for children and young people aged up to 19 affected by their own or their parent's drug or alcohol use. It offers telephone support, home visits and individual counselling as well as advice and information on alcohol and related issues.

Referral (how to access this service) -Self referral

Catchment (areas they serve)

North Lincolnshire

Get in touch

01724 298 528

Young Addaction - Lincoln

About this service: Young Addaction offers counselling, alternative therapies and group work to young people under the age of 19 who are experiencing difficulties with alcohol and drugs.

Referral (how to access this service)-Self referral

Catchment (areas they serve) -Lincolnshire

Get in touch

01522 305 518

Visit website <https://www.addaction.org.uk>