

WE ARE HERE FOR YOU

Lincolnshire mental health and emotional wellbeing services for children and young people

Self-help advice
www.lpft.nhs.uk/yp/lincs-self-help

Lincolnshire
Here4You
advice and self-referral line

01522 309120

Mon-Fri (9.30-16.30)

stories from young people
online workshops
wellbeing tips



information guides
how to get help
looking after yourself