

## Alcohol Addiction Support

### Alcoholics Anonymous

**Tel:** 0800 9177650 **Website:** <https://www.alcoholics-anonymous.org.uk/Home>

## Carer Support

### Carers UK

**Hours:** Mon– Tues, 10am– 4pm **Tel:** 0808 808 7777

**Website:** <https://www.carersuk.org/help-and-advice/talk-to-us>

## Domestic Abuse Helplines

### Women's Aid

**Hours:** 24 Hours **Tel:** 0808 2000 247

**Website:** <https://www.womensaid.org.uk/>

### Mankind

**Hours:** Weekdays, 10am– 4pm **Tel:** 01823 334244

**Website:** <https://www.mankind.org.uk/>

## Gambling Support

### Gamblers Anonymous

**Hours:** 24 Hours **Tel:** 0330 094 0322

**Website:** <https://www.gamblersanonymous.org.uk/>

## Grief and Loss Support

### Cruse Bereavement Care (Lincoln Based Charity)

**Tel:** 07900 317 732

**Website:** <https://www.cruse.org.uk/get-help/about-grief>

### Dying Matters

**Website:** <https://www.dyingmatters.org/overview/about-us>

## Health Helplines

### Alzheimer's Society

**Hours:** Mon to Weds: 9am- 8pm, Thurs to Fri: 9am - 5pm, Sat to Sun: 10am -4pm

**Tel:** 0300 222 11 22

**Website:** <https://www.alzheimers.org.uk>

### NHS England

**Hours:** 24 Hours **Tel:** 111

**Website:** <https://www.england.nhs.uk/>

### Age UK

**Tel:** 0800 169 2081

**Website:** <https://www.ageuk.org.uk>

## Homelessness Support

### Crisis

**Tel:** 0800 384838

**Website:** <https://www.crisis.org.uk/about-us/contact-us/>

## Mental Health Helplines and Support

### Anxiety UK

**Tel:** 08444 775 774

**Website:** <https://www.anxietyuk.org.uk>

### Bipolar Support Line

**Hours:** Mon–Fri, 9am–5pm **Tel:** 0333 323 3880

**Website:** <https://www.bipolaruk.org/support-line>

### CALM

**Hours:** 5pm–Midnight **Tel:** 0800 585858

**Website:** <https://www.thecalmzone.net/>

## Wellbeing Contacts

## Mental Health Helplines and Support

### Men's Health Forum

**Website:** <https://www.menshealthforum.org.uk/beatstress.uk>

### Mental Health Foundation

**Website:** <https://www.mentalhealth.org.uk/>

### Mental Health in the Workplace

**Website:** <https://www.mentalhealthatwork.org.uk>

### MIND

**Hours:** Mon–Fri, 9am–5pm **Tel:** 0300 123 3393

**Website:** <https://www.mind.org.uk/>

### No Panic

**Hours:** 10am-10pm **Tel:** 0844 967 4848

**Website:** <https://nopanics.org.uk/>

### OCD Action

**Hours:** Mon– Fri, 9:30am-5pm **Tel:** 0845 3906232

**Website:** <https://www.ocdaction.org.uk>

### PAYRUS (Prevention of Young Suicide– Under 35's)

**Hours:** Mon– Fri, 10am-10pm, Weekends 2pm– 10pm

**Tel:** 0800 068 4141 **Text:** 07786 209697

**Website:** <https://papyrus-uk.org>

### PTSD UK

**Website:** <https://www.ptsduk.org/>

### Rethink Mental Illness

**Hours:** Mon– Fri, 9:30am-4pm **Tel:** 0300 5000 927

**Website:** <https://www.ocdaction.org.uk>

### Mental Health Helplines and Support

**Samaritans**

**Hours:** 24 Hours **Tel:** 116 123

**Website:** <https://www.samaritans.org/>

**Sane**

**Hours:** 6am– 11pm **Tel:** 0300 304 7000

**Website:** <http://www.sane.org.uk/>

**Silver Line (Mental health support for over 55's)**

**Hours:** 24 Hours **Tel:** 0800 470 8090

**Website:** <https://www.thesilverline.org.uk/>

**Young Minds**

**Hours:** Mon– Fri, 9:30am–4pm **Tel:** 0808 802 5544

**Website:** <https://youngminds.org.uk/find-help/for-parents/>

### Trauma and Abuse Helplines

**National Association for People Abused in Childhood**

**Hours:** Mon– Thurs 10am–9pm, Fri 10am–6pm **Tel:** 0808 801 0331

**Website:** <https://napac.org.uk/>

**Rape Crisis**

**Hours:** Fri 2pm–4pm **Tel:** 0800 334 5500

**Website:** <https://www.lincolnshirerapecrisis.org.uk/>

**The Survivors Trust**

**Website:** <https://www.thesurvivorstrust.org/>

### Family Support

**Association for Post Natal Illness**

**Hours:** 10am–2pm **Tel:** 0207 386 0868

**Website:** <https://apni.org/>

**PANDAS (Pre and post natal depression support)**

**Hours:** 9am–8pm **Tel:** 0843 28 98 401

**Website:** <https://www.pandasfoundation.org.uk/>

**NCT (New parent and Pregnancy Loss Support)**

**Tel:** 0300 330 0700

**Website:** <https://www.nct.org.uk/about-us>

**La Leche League**

**(Breast Feeding Advice and Helps Source Formula Milk )**

**Tel:** 0345 120 2918

**Website:** <https://www.laleche.org.uk/>

### Money and Debt Support

**Money Advice Service**

**Website:** <https://www.moneyadviceservice.org.uk/>

**Mental Health and Money Advice**

**Website:** <https://www.mentalhealthandmoneyadvice.org/en/>

### Relationship Support

**Relate**

**Hours:** Mon– Thurs, 8am–10pm, Fri 9am– 6pm, Sat 9am–5pm

**Tel:** 0300 003 2164

**Website:** <https://www.relate.org.uk/>

### Employment Support

**Citizens Advice Bureau**

**Hours:** Mon– Fri 9am–5pm

**Tel:** 03444 111 444 **Text:** 03444 111 445

**Website:** <https://www.citizensadvice.org.uk/f>

**The Mix**

**Tel:** 0808 808 4994

**Website:** <https://www.themix.org.uk>

**ACAS**

**Website:** <https://www.acas.org.uk/supporting-mental-health-workplace>

### Eating Disorder Support

**Beat**

**Tel:** 0808 801 0677

**Website:** <https://www.beateatingdisorders.org.uk>

### The Trust's HR Support

**HR Team**

**Tel:** 01522 871370

**Email Address:** [FederationHR@prioryacademies.co.uk](mailto:FederationHR@prioryacademies.co.uk)

The HR Team also offers independent counselling services including CBT and workplace supervision.