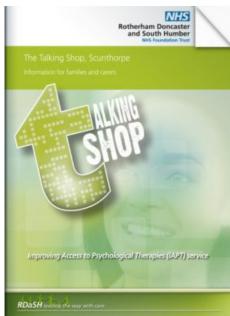




# Local Support

We are aware that everyone has changes in their lives that affects their emotional health and can make them vulnerable. Sometimes we all need some extra help and support to get us back on track and you may require more specialist help. We have devised the following pages to help you find the support you need.

**To access the website click on either the logo or the heading.**



## [The Talking Shop, Scunthorpe](#)

Free confidential advice on mental health and wellbeing

## [We Are With You \(Formerly AddAction\)](#)



Provides a full range of help for people experiencing problems with their drug or alcohol use, from harm reduction via active treatment and through to detoxification and rehabilitation

## [The Carers' Support Service](#)

Based in Brigg, they offer support to anyone who is caring for another person



## [The Carers' Support Service](#) Working with Carers across Northern Lincolnshire



## [Mind - The Haven](#)

Anyone aged 16 years and over can call 01724 279500 from 6pm – 12 midnight. Trained staff will be able to support people in managing their thoughts of self harm, distress, low mood and to help prevent crisis.

## [Scunthorpe Mind](#)

Offer one to one or group sessions to chat to others, share experiences and problems in a safe space. Open late at night for a reassuring chat when things get too much.



## [Scunthorpe Carers Support](#)

Our Scunthorpe Carers group offers a safe and welcoming space for anyone that cares or supports someone living with mental illness.

## [Rethink Carers Support Group Scunthorpe](#)

## [The Blue Door](#)

specialist service who provide support to anyone that has experienced domestic abuse and sexual violence in North and North East Lincolnshire

