

# Essential Contact Numbers

- ▶ **Age UK Lincoln and South Lincolnshire - 0345 556 4144**  
Information and advice for older people and telephone befriending
- ▶ **Citizens Advice South Lincolnshire - 0800 144 88 48**  
Advice on debt, benefits, housing, employment
- ▶ **Food Bank Referral Line - 01775 828358**
- ▶ **Lincolnshire Carers Service - 01522 782224**  
Information, advice, support, activities and learning for people who look after a relative or friend who due to ill health, physical or mental illness, disability, frailty, or addiction cannot manage without their support
- ▶ **Lincolnshire Coronavirus Helpline - 01522 782189**  
Volunteer help with shopping, collecting prescriptions, dog walking or a friendly chat for those in self-isolation or who are extremely clinically vulnerable
- ▶ **Lincolnshire Credit Union - 01522 873550**  
Affordable loans provider
- ▶ **Lincolnshire Mental Health Helpline - 0800 001 4331**  
24/7 support for anyone feeling low, worried or lonely
- ▶ **Lincolnshire Rural Support Network - 0800 138 1710**  
Volunteer's available 8am to 8pm every day for practical and pastoral support for farming and rural people
- ▶ **National Debt Line - 0808 808 4000**
- ▶ **National Energy Action - 0800 304 7159**  
Support with utility bills including reducing costs, debt management and some funding
- ▶ **One You Lincolnshire - 01522 705 162**  
Free smoking cessation support, healthy lifestyle support including weight loss, physical activity and alcohol reduction
- ▶ **Samaritans - 116 123**  
24/7 confidential support line
- ▶ **Silverline - 0800 470 8090**  
24/7 helpline providing information, friendship and advice for older people
- ▶ **South Holland District Council - 01775 761161**  
Housing, council tax, test and trace support payment scheme, waste collections, antisocial behaviour
- ▶ **St Barnabas's Bereavement Helpline - 0300 303 1897**
- ▶ **Thrive South Holland - 07584 341268**  
One to one employment and training support
- ▶ **Tonic Health Befriending and Mental Health Support - 07949 633377**  
Local charity offering support with befriending, mental health, advocacy and support for carers
- ▶ **We Are With You - 01775 666 638**  
Drug and Alcohol use support service
- ▶ **Wellbeing Lincs - 01522 782140**  
Help with accessing independence aids and equipment, telecare, benefits and other support