

SUPPORT SERVICES

For Practice Managers & Their Teams

Lincolnshire *lmc*

Support Services for PMs & Teams

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RCN Counselling Service

As an RCN member you can get free, confidential support and assistance to help you deal with challenging, emotional issues you may face, whether work related or personal.

<https://www.rcn.org.uk/get-help/member-support-services/counselling-service>

The RCN also has a useful guide for nursing staff called: [Stress and You](#).

One Workforce Lincolnshire – Health and Wellbeing

This is a joint initiative across health, social care and the third sector to provide emotional support, advice and guidance.

By calling **0800 001 4331** you can speak to a member of a highly trained and experienced team of support workers who will be able to provide appropriate support.

More information: [Health and Wellbeing :: Lincolnshire One Workforce \(oneworkforcelincs.co.uk\)](http://oneworkforcelincs.co.uk)

Mental Health Concerns

If experiencing mental health issues, you should see your GP or consider self-referral to the Steps2Change service provided by the NHS.

www.lpft.nhs.uk/steps2change/accessing-our-services/self-referral

- Tel: 0303 123 4000
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The Samaritans

The Samaritans provide a 24 hour telephone support line for those in urgent need or who are concerned about someone else.

www.samaritans.org/how-we-can-help/contact-samaritan

The Samaritans also provide support to the workplace offering e-learning tools and a range of 1-day courses for teams at work, these aim to promote wellbeing, also conversations with vulnerable people.

www.samaritans.org/how-we-can-help/workplace/

Mentoring & Coaching



This is a free service provided by the Lincolnshire LMC open to all practice staff. Contact the LMC by phone or email to find out more about this confidential mentoring and coaching service or visit www.linclmc.co.uk/impactlines

- Tel: 01522 576659
- Email: info@linclmc.co.uk

IMPACT 
lincs

take-30

AND LET'S TALK

- Tel 01522 576659
- Email: info@lincsllmc.co.uk

Take-30 is a free service aimed at providing confidential peer support for busy GP's, Practice Managers, Nurses & other practice staff members as they work through the challenges of COVID-19.

This service offers a one off 30 minute session which will be 1:1 with an experienced colleague and available on the day requested, (before 4pm Monday-Friday), or within 24 hours, providing an opportunity to talk through what is going on for you.

This service is available free of charge for Lincolnshire GPs, Nurses, Practice Managers and All Other General Practice Staff

Follow up sessions can be arranged if needed.

For More information [CLICK HERE](#)

If you wish to speak to someone urgently please contact the NHS 111 service or the Samaritans 0116 123 (24 hour availability) www.samaritans.org .

Wellbeing - The Active Faith Network

This network can provide you with support and advice if you or someone you care for is affected by cancer. [Religion, Spiritualism and Support Groups :: Cancer Support Lincolnshire](#). Tel: **01522 370148**.

Rape Crisis Support Line

A free phone and online chat service for anyone aged 16+ in England and Wales who has been affected by rape, child sexual abuse, sexual assault, sexual harassment or any other form of sexual violence.

Rape Crisis offers 24/7 support through their hotline: [Rape Crisis Website](#). You can reach them at **0808 500 2222**.

SARSAS

SARSAS helpline and live chat services provide free, anonymous and confidential support for people of all genders, age 13+ who have been affected by rape or sexual abuse at any time in their life.

[SARSAS Website](#). They can be contacted at **0808 801 0456**. Please note this is not an emergency service and is not 24/7.

If you know of any support services that may benefit other, please let us know via email: info@lincslmc.co.uk