



In Lincolnshire, you can now 'self-refer' to CAMHS or Healthy Minds services. This means that if your child is struggling with their emotional or mental health, you can call directly on the Lincolnshire Here4You phone line to speak to a professional about getting the right support for them.

In this telephone call, they may give you tips and strategies on ways to support your child, or they may agree that you and your child need some extra support. If they do not think they are the best place to help, they will always let you know who is and where to go next.

*(Information taken from <https://www.lpft.nhs.uk/young-people/lincolnshire/young-people/self-referral>)*