



Helping you find your way to wellbeing
NEL Mental Health Support Teams

Supporting Children, Young People and Their Families in N E Lincolnshire

Contact us...

Access our services using the following contact details:



Compass...Go

Alexandra Dock Business
Centre
Fishermans Wharf
Grimsby
DN31 1UL



Tel: 01472 494250



Email:

NELINCSMHST@compass-uk.org



Website:

www.compass-
uk.org/services/north-east-
lincolnshire-mhsts/

Opening hours:

Monday	9.00am—5.00pm
Tuesday	9.00am—5.00pm
Wednesday	9.00am—5.00pm
Thursday	9.00am—5.00pm
Friday	9.00am—4.30pm

If you need urgent help regarding your mental health and wellbeing you can contact Young Minds Matter's crisis line on 01472 252570 (9-5, Mon-Fri). Outside of these hours please call SPA on 01472 256256 option 3.

Who we are...

We are a charity organisation providing health and wellbeing services for children, young people, adults, families and communities.

Our Mental Health Support Team work with children and young people (aged 5-19) with mild to moderate mental health difficulties.

We accept self referrals and professional referrals.

What we do...

We work with children, young people, parents/carers and schools to provide support, help and guidance with a range of emotional and mental health difficulties, such as:

- Low mood
- Exam stress
- Anxiety
- Managing emotions
- Common challenging behaviours
- Self-harm
- Family and peer relationship difficulties
- Change and Transitions

How we can offer support:

- 1:1 support over a period of 6-8 sessions using Cognitive Behaviour Therapy
- Small group sessions
- Working with parents and carers
- Supporting school staff through the whole school approach (link sessions, workshops, webinars)