

# Adult Wellbeing

## Adult Mental Health and Bereavement

Bro Pro: [How Are You Lincolnshire | Bro Pro UK \(haylincolnshire.co.uk\)](#)

Eve: [How Are You Lincolnshire | Skegness Wellbeing Hub - The Storehouse \(haylincolnshire.co.uk\)](#)

Talking Therapies: [Home :: steps2change Lincolnshire \(lincolnshiretalkingtherapies.nhs.uk\)](#)

Lincolnshire CO-OP: [Bereavement support and advice \(lincolnshire.coop\)](#)

Lincolnshire Grief and Loss: [Lincolnshire Centre for Grief and Loss | AtaLoss.org](#)

Shine Lincolnshire: [Home - Shine \(shinelincolnshire.com\)](#)

Samaritans: [Samaritans | Every life lost to suicide is a tragedy | Here to listen](#)

## Domestic Abuse (Violence, Sexual and Emotional)

LDAS/EDAN Lincs: [Home - EDAN Lincs Domestic Abuse Service](#) 01522 510042

Man Kind: [ManKind Initiative - Supporting Male Victims of Domestic Abuse](#)

Rape Crisis Lincolnshire: [Lincolnshire Rape Crisis :: A specialist support service for survivors of sexual violence Lincolnshire](#) 0800 334 5500