

## Gainsborough Mental Health Partnership



***We have been made aware of numerous places/organisations that we can contact for support for families in our immediate area, Gainsborough. Please take time to read and access support for yourselves and families if required.***

### Night Light Cafes

Night Light Cafés are safe spaces that offer an out-of-hours, non-clinical support service and are staffed by teams of trained volunteers who are available to listen. They can also provide signposting advice and information on other organisations that may be able to help with specific needs, such as debt advice or emergency food parcels.

Monday: 6pm - 9pm      Gainsborough: Connexions, 100 Church Street DN21 2JH

Thursday: 6pm - 9pm      Gainsborough: Riverside Training 11-23 Market Street DN21 2BL

### Virtual Autism Hub – Specialist Navigators:

- Will provide info & advice about statutory services & voluntary sector support
- Practical help e.g. accompany people to initial meetings, assist them to fill in forms
- Service for autistic adults & parent/carers of autistics of all ages
- Open door policy, no referral needed
- Step in, step out support as needed. Can return to service with future issues.
- A Specialist Autism Navigator will be on duty Mon-Fri 9am-5pm
- Available for appointments if needed weekday evenings & Saturday
- Support for parent/carers & autistic adults only, not professionals
- Not a clinical, emergency or crisis service

#### **Contact details:**

[lpft.virtualautismhublincs@nhs.net](mailto:lpft.virtualautismhublincs@nhs.net)

Tel. 01522 458588 (monitored less frequently than our inbox, e-mail is the primary means for contacting the Hub)

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