

# Do you support a friend, family member or neighbour?

Access  
Online  
Carers  
Self-Help

Local Services  
& Events

NHS Health  
Advice

Financial  
Support &  
Discounts



Scan QR code or go to  
<https://bridgit.care/support/ln/mh?t=lpft>  
to create your own self-help plan



Lincolnshire  
COUNTY COUNCIL  
*Working for a better future*

**NHS**  
Lincolnshire Partnership  
NHS Foundation Trust