



Support Service for Young People



Free confidential and anonymous text service available 24/7
Text the word SHOUT to 85258. Web: <https://giveusashout.org/>

Work with children, young people, their families and school to help young people who are struggling with how they are feeling. How to refer... Website: Mental Health Support Teams (MHSTs) | Ask Lion - Nottingham City Directory. Number: 01158764179



Work with children, young people, their families to help young people who are struggling with how they are feeling. Help with more complex difficulties and can offer more sessions. Referrals for CAMHS and Behavioural Emotional Health Team. Website...Self-referral to CAMHS / Behavioural & Emotional Health Team | Ask Lion - Nottingham City Directory CAMHS Nottingham Citywide Tel: 0115 876 4000. BEHT Tel: 0115 8761716

1-1 and online counselling and group therapy available to anyone aged 25 or under, living in Nottingham and Nottinghamshire (excluding Bassetlaw) who is registered with a local GP. Web: Be U Support | Free Mental Health Service for Children and Young People
Tel: 0116 708 0008



Free 24-hour helpline for children and young people.
Web: www.childline.org.uk and www.nspcc.org.uk

Local mental health advice and help for young people in Nottingham and Nottinghamshire, all in one place.



Emotional support for anyone who needs it. 24-hour helpline: 08457 90 90 90. Web: www.samaritans.org

Mental Health Crisis

In a mental health emergency Nottingham City and Nottinghamshire have a mental health crisis team for young people. Webpage: www.nottinghamshirehealthcare.nhs.uk/camhs-crisis-team

Tel: 0808 196 3779