

Outside Services/support

Phone Numbers

- Samaritans – 116 123
- Wellness in Mind – 0800 561 0073 (9am to midnight)
- Mind – 0300 123 3393 (9am – 6pm Mon – Fri)
- Frank (Drug & Alcohol) - 0300 123 6600 (24 hours); text - 82111
- CALM – phone line 0800 58 58 58 (daily 5pm – midnight) & web chat (www.thecalmzone.net.gridhosted.co.uk/help/get-help/)
- CASS - 0808 800 8088 (*Tues to Thurs 7pm - 10pm*)
- SANE – 0300 304 7000 (6pm – 11pm daily)
- Women’s Aid/JUNO – 0808 8000 340 (24 hours)
- Young Minds – for parents or carers and aiming to improve the emotional wellbeing and mental health of children and young people – 0808 802 55 44
- Combat Stress – 24 hours helpline - 0800 138 1619 / text 07537 404 719
- The Silver Line – helpline for older people (24 hours) - 0800 4 70 80 90
- Mermaids – gender service for young people and their families and services up to age 19 - 0844 334 0550
info@mermaidsuk.org.uk
- ChildLine – Support, counselling & advice for children - 0800 1111
- Rethink – 0300 5000 927
- Beat – Eating Disorders – 0808 801 0677 (adult) 0808 801 0711 (Youth)

Websites

- MIND – helpful website, full of useful information (www.mind.org.uk)
- MOODJUICE - Self-help Resource Site (www.moodjuice.scot.nhs.uk)
- Emergence – advice and information website (www.emergenceplus.org.uk)
- BPD World – information and advice website (www.bpdworld.org) – also has a carers section
- Papyrus – Prevention of Young Suicide – support, advice, helpline (www.papyrus-uk.org)
- TESS – (young women up to 24 years old & CASS (25 and older) text & email support service (www.selfinjurysupport.org.uk)
- Tomorrow Project – Suicide Prevention (www.nspa.org.uk) – also has info for people who are concerned about someone
- 7 Cups of Tea: Someone To Talk To, Online Therapy & Free Counselling (7cups.com)
- Stem4 - Stemming Mental Illness - Supporting Teenage Mental Health issues (stem4.org.com)
- Calmzone – ‘Campaign Against Living Miserably’ – helpline (www.thecalmzone.net)
- Emergence – advice and information website (www.emergenceplus.org.uk)
- Stay Alive – Grassroots suicide prevention (www.prevent-suicide.org.uk)
- Young Minds – for parents or carers and aiming to improve the emotional wellbeing and mental health of children and young people – ([www.youngminds.org.uk/0808 802 55 44](http://www.youngminds.org.uk/0808%20802%2055%2044))
- Moodzone – NHS (www.nhs.uk/conditions)
- Out of the Fog – helping family members and loved ones of people who suffer from personality disorders (<http://outofthefog.website>)
- Big White Wall – online community of people who are anxious, down or not coping who support and help each other by sharing

what's troubling them, guided by trained professionals
(www.bigwhitewall.com)

- Kooth – online counselling platform for children & young people (www.kooth.com)
- DBT self help - www.dbtselfhelp.com
- The Mix – Website & Phonenumber - Essential support for under 25s – www.themix.org.uk
- Self Harm UK – supporting young people impacted by self-harm, providing a safe space to talk - www.selfharm.co.uk

Statutory Services (accessed via your GP)

- CRHT (Crisis teams) – available across the city & county for crisis support/intervention, out of hours contact etc.
- Department of Psychological Medicine (City) & Rapid Response Liaison Psychiatry (RRLP) (County) – Emergency Dept
- Street Triage
- Recovery College – accessible to those open to secondary mental health services. Additional services for people with Nottm City GP
- DBT - Dialectical Behaviour Therapy – across the city and county with specific criteria and limited places
- Emotional Awareness Group (Mansfield/Ashfield)
- Step 4 Psychology and Psychotherapy service – available across the City and the County
- SALT (Speech & Language)
- CAMHS (Child & Adolescent Mental Health Services)
- Nottingham City & Nottinghamshire County Forensic Services - for people with a history of offending linked to their mental health
- Trauma Resilience and Growth Service (inc Veteran's Service)
- Perinatal Psychiatry (for pregnant women and mums of babies up to one year)
- City Carers Support Team – 0115 9560841 – for the carers of those open to Secondary Mental Health Services
- IAPT- talking therapies linked to primary care
- The Health Shop – Drug & Sexual Health Clinic drop in or appt (0115 905 5001) – www.healthshopnottingham.co.uk

Non statutory services

- The Wellbeing Hub - www.nottinghamwellbeinghub.org. Free, confidential support and advice to people seeking support for mental health, drugs or alcohol use, housing and employment.
- Nottingham Recovery Network support: Drugs and alcohol (www.nottinghamrecoverynetwork.com);
- Wellness in Mind – Mental health support (www.wellnessinmind.org);
- Opportunity & Change – employment support (complex needs) (www.opportunityandchange.org);
- Towards Work – employment support (www.towardswork.org.uk);
- Framework – homelessness prevention (www.frameworkha.org);
- Clean slate – offender support (www.frameworkha.org);
- Better Working Futures – employment support (www.betterworkingfutures.co.uk)
- MIND – helpful website, full of useful information
- Harmless – Self harm support (info@harmless.org.uk)
- CRUSE (bereavement) – support, counselling, information & advice (0115 924 4404)
- BASE 51 – enabling and supporting young people (0115 952 5040/email info@base51.org.uk)
- Age UK – Support, advice etc. for older people Nottingham & Nottinghamshire (0115 844 0011)
- TOPAZ – Nottinghamshire Sexual Assault Referral Centre - 0845 600 15 88
- Nottinghamshire Sexual Violence Support Services (formerly Nottingham Rape Crisis) - <https://nottssvss.org.uk/> - 0115 9410440
- Relate – relationship counselling – www.relate-nottingham.org.uk
- Women’s Aid – support, advice, refuge etc. for women in Nottingham/Nottinghamshire – www.nottswa.org
- Combat Stress – offer a range of services for veterans - www.combatstress.org.uk
- Change Grow Live (CGL) – www.changegrowlive.org – 0115 8960798
- Family Care – support for children affected by bereavement (Spiral), domestic violence (Sphere) – www.familycare-nottingham.org.uk
- Nottingham Counselling Service - www.nottinghamcounsellingcentre.org.uk
- Imara - Specialist service that supports children, young people and their family following a disclosure of child sexual abuse - www.imara.org.uk

- Human Flourishing Project (Research within University of Nottingham University) – free psychotherapy - humanflourishingproject.org
- Trent PTS – Psychological Therapy Service - www.trentpts.co.uk
- Click Nottingham - Click Nottingham is a community based service that improves social connections and reduces loneliness & social isolation www.clicknottingham.org.uk
- Hope Services – Worksop provides help and support for homeless in Worksop & Nottinghamshire – 01909 531294
- Goals for Life – Notts County Football Club – mental health of young people – www.nottscountyfitc.org.uk/our-work/social-inclusion/goals-for-life/
- Carers Federation – www.carersfederation.co.uk – 0115 9629310
- Foodbanks in local areas / Trussel Trust – emergency food for people experiencing a crisis – www.trusseltrust.org
- Primary Health, Wellbeing and Recovery College – patients registered with City GPs - www.nottinghamshirehealthcare.nhs.uk/primary-recovery-college
- Turning Point - www.turning-point.co.uk/mental-health.aspx - variety of services inc. substance misuse, mental health, primary care, online counselling etc.
- Café Sobar – alcohol free café in Nottingham (links with Double Impact)
- Kooth - Online and face to face counselling for children and young people - <https://kooth.com/>

Apps

- Stay Alive – Grassroots suicide prevention (www.prevent-suicide.org.uk)
- Mood Gym
- STEM – self harm prevention
- Mood Juice
- Calm Zone
- Beating the Blues
- Head Space
- MHU – Mental Health & U
- 7 cups of tea
- Big White Wall
- Meditation Apps
- Calm Harm App
- Yoga
- Sit, think & breath

