



Framework is a charity delivering housing, health, employment, support and care services to people with a diverse range of needs. Regardless of their past, or the challenges they face, Framework empowers people to achieve financial stability, social inclusion and independence, because they believe everyone has the right and potential to achieve a better future

[www.frameworkha.org](http://www.frameworkha.org)

# SAMARITANS

If you need someone to talk to, we listen.  
We won't judge or tell you what to do.

Email [jo@samaritans.org](mailto:jo@samaritans.org)  
Call for free 116 123



Provides free therapy which includes counselling, couples therapy and Cognitive Behaviour Therapy.

Phone **0115 896 3160**  
[www.trentpts.co.uk](http://www.trentpts.co.uk)



**Nottingham  
City Council**

Website with links for benefits, council tax, domestic violence, emergencies, legal advice, welfare rights and money advice:  
[nottinghamcity.gov.uk/welfarerights](http://nottinghamcity.gov.uk/welfarerights)



Dedicated to supporting carers of all ages. Volunteer mentors to support young adult carers; offers counselling for adult carers of any age, as well as raising awareness/delivering training in schools and prisons

Call **01159 629 310**  
[info@carersfederation.co.uk](mailto:info@carersfederation.co.uk)



Mind provides advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding

[www.mind.org.uk](http://www.mind.org.uk)  
Infoline: **0300 123 3393**

# SUPPORT AVAILABLE



mending injuries you cannot see

ISAS - Incest and Sexual Abuse Survivors is a Nottinghamshire based registered charity that provides face-to-face, telephone and group counselling services for adult male and female users of childhood sexual abuse, their partners and family members

Call **0115 824 0314**



**family  
lives**

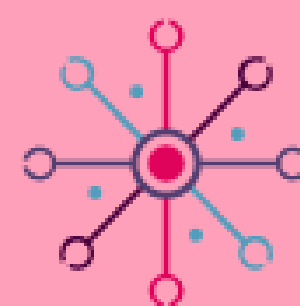
Family Lives provides targeted early intervention and crisis support to families who are struggling. The issues they support families with include family breakdown, challenging relationships and behaviour, debt, and emotional and mental wellbeing

Helpline **0808 800 2222**



Juno Women's Aid is the largest domestic abuse organisation in Nottingham and one of the largest in the UK. They work with women, children and teens who have been affected by domestic abuse in Ashfield, Broxtowe, Gedling, Nottingham City and Rushcliffe

Free 24 hour helpline:  
**0808 800 0340**



**Nottingham  
Recovery  
Network**

Providing a single point of free support, advice and treatment to people who use alcohol and drugs in a problematic way across Nottingham City

Call **0800 066 5362**  
[nottinghamrecoverynetwork.com](http://nottinghamrecoverynetwork.com)



Harmless is a passionate organisation who works to address and overcome issues related to self-harm and suicide

[www.harmless.org.uk](http://www.harmless.org.uk)



here for you 24/7

Shout can help with a range of issues including anxiety, depression, suicidal thoughts, relationship problems, bullying or if you're feeling overwhelmed



Healthy thinking across Nottingham City and County

Let's Talk Wellbeing provides a range of talking therapies, groups and computerised self help materials to treat mental health difficulties that affect 1 in 4 of us at some time in our life

Call **0300 300 2200**  
[letstalknottingham@nottshc.nhs.uk](mailto:letstalknottingham@nottshc.nhs.uk)