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|  | <p>Promotes safe and happy childhoods.</p> <p>We protect and support children and young people, providing practical and emotional care.</p> | <p>www.actionforchildren.org.uk</p> |
|  | <p>Supports parents and carers so they can understand and meet the needs of their child.</p> <p>Offers webinars, courses, resources, interventions, adaptations and a screening service.</p> | <p>www.adhdfoundation.org.uk</p> |
|  <p>ADHDoers</p> | <p>Offers resources to support people living with ADHD, or supporting others who have ADHD/suspected to have ADHD.</p> | <p>www.adhdoers.com</p> |
|  | <p>Has a mission to support those affected by ADHD.</p> <p>They provide information, support, advocacy and awareness of ADHD.</p> <p>They offer information in relation to the EHCP process.</p> | <p>www.adhuk.co.uk</p> |
|  | <p>Anxiety UK delivers a wide range of services including:</p> <ul style="list-style-type: none"> • Therapy services • Helpline & text support service • Courses & groups • Webinars and podcasts • Anxious Times magazine | <p>www.anxietyuk.org.uk</p> <p>Helpline: 03444 775 774</p> <p>Text support: 07537 416 905</p> <p>Open Monday – Friday 10:30am – 4:30pm.</p> |
|  | <p>Offers advice, information and support across education, health and social care issues to parents and carers of children and young people with special educational needs and disabilities living in Nottinghamshire.</p> <p>You do not need a medical diagnosis of your child's needs to take advantage of the service.</p> | <p>www.askusnotts.org.uk</p> <p>Helpline: 0800 121 772</p> |

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|  <p>Autism East Midlands Quality of Life for People with Autism</p> | <p>Provides a wide range of care, support and educational services to meet the needs of autistic individuals of all ages, and their families and carers.</p> | <p>www.autismeastmidlands.org.uk Phone: 01909 506 678 Email: enquiries@aem.org.uk</p> |
|  | <p>Offers counselling, trauma support, LGBTQIA+ groups and youth clubs for young people aged 11 to 25 years old in Nottingham and Nottinghamshire.</p> | <p>Complete their self-referral form on their website www.base51.org Phone: 0115 952 5040 Email: info@base51.org.uk</p> |
|  | <p>Offers a range of support for parents: keeping children safe from abuse, children with special education needs and wider support.</p> <p>Offers a variety of support for children and young people: LGBT, young carers, homelessness, employment, mental wellbeing, bullying.</p> | <p>www.barnardos.org.uk</p> |
|  | <p>Offer specialist interest in working with individuals who have experienced trauma and loss.</p> <p>They work with young people, families and adults.</p> <p>Their website offers resources for parents and teams around the child.</p> | <p>www.beaconhouse.org.uk/resources</p> |
|  | <p>Supports individuals, family and friends to equip them with essential skills and advice so they can help their loved ones recover from eating disorders, whilst looking after their own mental health.</p> | <p>www.beateatingdisorders.org.uk Helpline: 0808 801 0677 Open 1pm – 9pm on weekdays. Open 5pm – 9pm on weekends and bank holidays. Email: help@beateatingdisorders.org.uk</p> |
|  | <p>Offers free counselling to young people in Nottinghamshire outside of Bassetlaw.</p> <p>They offer counselling, group counselling and online counselling.</p> | <p>Complete a self-referral form on their website: www.beusupport.co.uk Phone: 0115 708 0008</p> |

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|  | <p>CAMHS Crisis offer emergency mental health support via the telephone.</p> <p>You do not have to be open to a CAMHS community team to access this support.</p> | <p>Phone: 0808 196 3779</p> <p>Option 1</p> <p>It is recommended you save this number in your phone contacts.</p> |
|  | <p>To help young people manage to urge to self-harm.</p> <p>Minimise the urge to self-harm by choosing distraction activities in the following activities: comfort, distract, expression, release and random.</p> | <p>Find in your app store.</p> <p>www.calmharm.co.uk</p>   |
|  | <p>Offers paid-for or free counselling dependent on household income in the Newark and Sherwood area of Nottinghamshire.</p> | <p>www.casy.org.uk</p> <p>Phone: 01636 704 620</p> |
|  | <p>Charity based in Bassetlaw offering support and guidance to young people aged 11 – 25 years old and their families, through two combined services: Talkzone counselling and LGBT+ Service Nottinghamshire.</p> | <p>www.centreplace.org.uk</p> |
|  | <p>Offers free confidential drug and alcohol related support for young people and their families across Nottinghamshire.</p> | <p>www.changegrowlive.org</p> <p>Phone: 0115 896 0798</p> <p>Email: notts@cgl.org.uk</p> |
|  | <p>Supports children with Autism reaching their potential.</p> <p>Provides services enabling children to overcome difficulties with communication, learning and life skills.</p> <p>Offers families skills, techniques and strategies to cope with Autism through Applied Behaviour Analysis.</p> | <p>www.childautism.org.uk</p> <p>Helpline: 01344 882 248</p> |

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|  <p>ONLINE, ON THE PHONE, ANYTIME</p> | <p>Available for anyone under 19 years old living in the UK with any issue they are experiencing.</p> <p>Speak to a free trained counsellor.</p> | <p>www.childline.org.uk</p> <p>Phone: 0800 1111</p> <p>24/7 (calls between midnight and 07:30am are limited to 15 minutes so everyone has chance to speak with a counsellor)</p> <p>It is recommended you save this number in your phone contacts.</p> <p>Childline can also be emailed once an account is made with them through their website.</p> |
|  | <p>Accepts referrals from professionals and families for children aged 3 – 18 years old and their parents/carers who have been affected by death or terminal illness.</p> | <p>www.childrensbereavementcentre.co.uk</p> <p>A self-referral form can be found on their website.</p> |
|  <p>Child Exploitation and Online Protection</p> | <p>Are you worried about online sexual abuse, or the way someone has been communicating with you online? You can make a report to one of our CEOP Child Protection Advisors.</p> | <p>CEOP Safety Centre</p> |
|  | <p>To help young people manage symptoms of anxiety.</p> <p>Learn how to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.</p> | <p>Find in your app store.</p> <p>www.clearfear.co.uk</p>   |
|  | <p>To help families and friends support young people with their mental health.</p> <p>Builds upon resilience and resourcefulness.</p> | <p>Find in the app store.</p> <p>www.combinedminds.co.uk</p>   |


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|  <p>Cruse Bereavement Support</p> | <p>The UK's leading bereavement charity.</p> <p>Offers understanding around grief.</p> <p>Specialist support for children and young people experiencing grief.</p> | <p>www.cruse.org.uk</p> <p>Helpline: 0808 808 1677</p> <p>Self-referral forms found on their website.</p> |
|  <p>Nottinghamshire County Council</p> <p>Early Help Unit</p> | <p>The Early Help Unit is for families requiring information, advice and guidance on early help services in Nottinghamshire.</p> <p>Professionals complete the Early Help referral form on behalf of the family to request specific support.</p> | <p>Email: Early.help@nottsc.gov.uk</p> <p>Phone: 0115 804 1248</p> |
|  <p>Children & Young People East Midlands Sexual Assault Service</p> | <p>Offers support for children under the age of 18 years old who have experienced rape or sexual assault in East Midlands.</p> | <p>www.emcypsas.co.uk</p> <p>Advice line: 0800 183 0023</p> <p>Referrals can be made by calling the advice line.</p> |
|  <p>family action Building stronger families</p> | <p>Family Action transforms lives by providing practical, emotional and financial support to those who are experiencing poverty, disadvantage, and social isolation across the country.</p> | <p>www.family-action.org.uk</p> <p>Phone: 0808 802 6666</p> <p>Text: 07537 404 282</p> <p>Email: familyline@family-action.org.uk</p> <p>Open Monday – Friday 9am – 9pm.</p> |
|  <p>Freed Beeches EATING DISORDERS SERVICE</p> | <p>A free service for adults and adolescents aged 14 years + who are suffering with Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder and Other Specified Feeding or Eating Disorder.</p> <p>Access to talking therapies and resources to tackle eating and body image difficulties.</p> | <p>www.freedbeeches.org.uk</p> <p>Phone: 01909 479 922</p> <p>Email: info@freedbeeches.org.uk</p> |
|  <p>HARMLESS support information training consultancy</p> | <p>Free self-harm support for young people living in Nottinghamshire.</p> <p>Resources for parents to better understand self-harm in young people.</p> | <p>www.harmless.org.uk</p> <p>Self-referral form found on their website.</p> |

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|  | <p>Offers support for families impacted by substance misuse.</p> <p>They offer specific support for Kinship Carers.</p> | <p>www.hettys.org.uk</p> <p>Helpline: 08000 850 941</p> <p>Helpline is open 9am – 6pm daily.</p> <p>Email: info@hettys.org.uk</p> |
|  <p>Healthy Family Teams</p> | <p>Parents or professionals can refer a young person to the Healthy Family Team, who offer a variety of mental health interventions:</p> <p>Anger management, anxiety, and worry, eating issues and body image, low mood, self-esteem, self-harm, alcohol, sleep, continence.</p> | <p>www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams</p> <p>Parentline: 07520 619 919</p> <p>A texting service for parents of children aged 0 – 19 years old to confidentiality ask for parenting advice.</p> |
|  | <p>Imara offers specific trauma therapy for young people who have experienced sexual abuse.</p> | <p>www.imara.org.uk</p> <p>Referrals are made via the East Midlands Children and Young People's Sexual Assault Service.</p> |
|  | <p>Online support and counselling for young people struggling with their mental health.</p> | <p>Find in the app store.</p> <p>www.kooth.com</p>   |
|  | <p>Information and resources around a range of mental health conditions.</p> <p>You can ask Mind about mental health problems, where to get help near you, treatment options, and advocacy services.</p> | <p>www.mind.org.uk</p> <p>Infoline: 0300 123 3393</p> <p>Open from 9am – 6pm.</p> <p>Email: info@mind.org.uk</p> |
|  | <p>Offers advice and support to young people under the age of 25 years old.</p> <p>Offers counselling for issues around bereavement, stress, anxiety, sexual identity, low mood, understanding yourself and self-esteem.</p> | <p>www.themix.org.uk</p> <p>Helpline: 0808 808 4994</p> <p>A referral form for their counselling service can be found on their website.</p> |

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|  <p>MOVE MOOD</p> | <p>A free self-help app for young people to manage their low mood and depression.</p> | <p>www.movemood.co.uk Download in the app store.</p>  |
|  <p>NATIONAL BULLYING HELPLINE</p> | <p>A UK helpline established to support with bullying issues, whether this be at work, home, the community, online, playground or the workplace.</p> | <p>www.nationalbullyinghelpline.co.uk Helpline: 0300 323 0169 Phone: 0845 225 5787 Open Monday to Friday 9am – 5pm.</p> |
|  <p>NSPCC</p> | <p>Our services help children who have been abused, protect children at risk, and find ways to best prevent child abuse from ever happening. Offers supports for parents, specific support for bullying and online safety.</p> | <p>www.nspcc.org.uk Phone: 0808 800 5000 Open Monday to Friday 10am – 8pm. Email: help@nspcc.org.uk</p> |
|  <p>Nottinghamshire County Council Neurodevelopmental Behaviour Support Service</p> | <p>This service sits under the Family Service – provides support for families where there are concerns a child has neurodevelopmental behaviour support needs which may be indicative of ADHD or Autism.</p> | <p>If a parent would like to speak to a member of the Family Service about this service, please contact: Phone: 0300 500 80 80 Email: Referralsnbs.familyservice.notts.gov.uk</p> |
|  <p>nottshelp yourself .org.uk</p> | <p>A directory for all information about services in Nottinghamshire.</p> | <p>www.nottshelpyourself.org.uk</p> |
|  <p>Nottinghamshire Independent Domestic Abuse Services</p> | <p>Offers rapid and accessible support for women and families experiencing domestic abuse.</p> | <p>www.nidas.org.uk Helpline: 01623 683 250 Email: hello@nidas.org.uk NIDAS are not an emergency service. If you or your children are at risk of harm, please contact 999.</p> |

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|  | <p>A range of free talking therapies for those aged over 18 years old living in Nottinghamshire.</p> | <p>www.notts-talk.co.uk</p> <p>Self-referral form can be found on their website.</p> |
|  | <p>Non-urgent crimes can be reported on their website via the Police Incident Form.</p> <p>Non-urgent crimes can include bullying, harassment and anti-social behaviour outside of school. Crimes related to online behaviour can be reported.</p> <p>Can be contacted in case of mental health emergency.</p> | <p>www.nottinghamshire.police.uk</p> <p>Emergency Phone: 999</p> |
|  | <p>Nottinghamshire Sexual Violence Support Services offers support for people over the age of 18 years old, who have experienced rape, sexual violence or childhood sexual abuse.</p> <p>They can offer counselling, group therapy, email support, helpline support and online safety programmes.</p> <p>Self-referral can be completed on their website.</p> | <p>Phone: 0115 941 0440</p> <p>www.nottssvss.org.uk</p> |
|  | <p>Ofsted oversees the delivery of care and education services across the UK.</p> | <p>Complaints procedure:</p> <p>www.gov.uk/government/organisations/ofsted/about/complaints-procedure</p> |
|  | <p>A charity specializing in the prevention of young people (those under the age of 35 years old).</p> <p>Their website has information about suicide, and resources to complete a suicide safety plan.</p> | <p>www.papyrus-uk.org</p> <p>Hopeline: 0800 068 4141</p> <p>Open 24/7</p> <p>Text: 07860 039 967</p> <p>Email: pat@papyrus-uk.org</p> <p>It is recommended you save this number in your phone contacts.</p> |

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|  <p>PARENTING MENTAL HEALTH</p> | <p>A charity who aims to improve the experience of parenting a child struggling with their mental health.</p> <p>They offer a parenting course called Partnering – not Parenting over the course of 8 weeks, via live sessions, workbook, videos, resources, and a supportive Facebook group.</p> | <p>www.parentingmentalhealth.org</p> <p>Email: info@parentingmentalhealth.com</p> |
|  | <p>Patient Advice and Liaison Service (PALS) is for queries, concerns, and complaints about patient care, or to leave feedback within Nottinghamshire NHS Trust.</p> | <p>Phone: 0115 993 4542</p> <p>Email: PALSandComplaints@nottshc.nhs.uk Compliments@nottshc.nhs.uk</p> |
|  | <p>An advice and support line for people who have been sexually assaulted recently, or a long time ago, or are unsure what has happened to them.</p> | <p>Phone: 0808 500 2222</p> <p>Open 24/7</p> <p>www.rapecrisis.org.uk</p> |
|  | <p>Provides support for people struggling with mental health difficulties, and those having thoughts of suicide.</p> <p>They offer a self-help app on the app store. You can create a safety plan on here, in addition to mood trackers and techniques to keep you safe in crisis.</p> | <p>www.samartians.org</p> <p>Phone: 116 123</p> <p>Open 24/7</p> <p>Email: jo@samaritans.org</p> <p>It is recommended you save this number in your phone contacts.</p> |
|  | <p>SANEline is a national out-of-hours mental health support line offering specialist emotional support for people struggling with mental health, including parents or carers.</p> <p>This service is for people over the age of 16 years old.</p> | <p>Phone: 0300 304 7000</p> <p>Open 4pm – 10pm</p> <p>It is recommended you save this number in your phone contacts.</p> <p>www.sane.org.uk</p> |
|  | <p>Offers eating disorder support on their website. They are based in Hull, though offers support out of area by completing their online self-referral form.</p> | <p>www.seed.charity</p> <p>Phone: 01482 421 525</p> |






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|  | <p>Provides support and advice to empower the nation to sleep better.</p> <p>Offers resources on their website on how to improve sleep.</p> | <p>www.thesleepcharity.org.uk</p> <p>Helpline: 03303 530 541</p> |
|  | <p>Aims to support those struggling with their mental health, and those experiencing suicidal thoughts.</p> <p>Staff are trained in a non-judgmental and empathetic approach to help those in need of support.</p> | <p>www.spuk.org.uk</p> <p>Helpline: 0800 689 5652</p> <p>Open from 6pm until midnight, everyday.</p> <p>It is recommended you save this number in your phone contacts.</p> |
|  | <p>Offers a free phonenumber.</p> <p>If you are walking alone, our volunteers will be a friendly voice to keep you company and help you feel safe until you are through the door.</p> | <p>www.strutsafe.org</p> <p>Phone: 0333 335 0026</p> <p>Open Friday and Saturday 7pm – 3am.</p> <p>Open Sunday 7pm- 1am.</p> |
|  | <p>Free counselling support for those aged 11 – 25 years old in Bassetlaw.</p> <p>A self-referral form can be found on their website.</p> | <p>www.talkzone.org.uk</p> <p>Phone: 01909 530 943</p> <p>Email: info@talkzone.org.uk</p> |
|  | <p>Bereavement charity supporting grieving children and families.</p> <p>Offers support to those awaiting a bereavement – a recently diagnosed terminal illness.</p> | <p>www.winstonswish.org</p> <p>Helpline: 08088 020 021</p> |
|  | <p>A charity working towards ending domestic abuse against women and children.</p> | <p>www.womensaid.org.uk</p> <p>Email: helpline@womensaid.org.uk</p> <p>Women's Aid is not an emergency service. If you or children are at risk of harm, please contact 999.</p> |

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|  <p>WORTH WARRIOR</p> | <p>A self-help app for young people struggling with negative body image, poor self-worth and early-stage eating difficulties or disorders.</p> | <p>www.worthwarrior.co.uk</p> <p>Download in the app store.</p>   |
|  | <p>Works with children and young people aged between 10 – 18 years old with the aim of preventing offending and re-offending.</p> <p>Support can be accessed through the Early Help Unit.</p> | <p>www.nottinghamshire.gov.uk/care/childrens-social-care/youth-justice</p> <p>Email: youthjusticeservicenotts@nottscc.gov.uk</p> <p>Phone: 0115 804 2888</p> |
|  | <p>Leading charity in children’s mental health. Offers help and resources on their website regarding a range of mental health difficulties.</p> | <p>www.youngminds.org.uk</p> <p>Helpline: 0808 802 5544</p> <p>Open Monday to Friday from 9:30am – 4pm.</p> |

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