

## Behavioural, emotional and wellbeing support - children, young people and carers in Nottingham and Nottinghamshire

Services highlighted in **yellow** are for Nottingham City GP registered patients and those in **blue** are for Nottinghamshire GP registered patients. If there is no shading then the service is accessible by any residents in Nottingham or Nottinghamshire (updated 1 October 2020).

### Nottingham/Nottinghamshire Helplines set up to offer mental health support during COVID-19

Name	Description	Service access	Website	Email	Phone number
<b>Nottinghamshire Mental Health Helpline (delivered by Turning Point)</b>	A team of mental health workers provide information and advice to anyone living in Nottinghamshire including directing to other services where needed. The website includes information about a range of common mental health issues. Professionals are also welcome to call the helpline for advice on working with patients with mental health issues.	Website or phone  Available every day between 9.00 am and 11.00 pm	<a href="http://www.turning-point.co.uk/nottingham-helpline">www.turning-point.co.uk/nottingham-helpline</a>		0300 555 0730
<b>Wellness in Mind</b>	'One-stop shop' for information, advice and support for residents experiencing issues with their mental wellbeing.	Website or phone	<a href="https://www.wellnessinmind.org/">https://www.wellnessinmind.org/</a>		0800 561 0073
<b>Mental Health CRISIS Line (Nottinghamshire Foundation Trust)</b>	For people of all ages in <b>mental health crisis</b> support is available 24/7.	Phone support available 24/7	<a href="http://www.nottinghamshirehealthcare.nhs.uk/helpline-in-a-crisis">www.nottinghamshirehealthcare.nhs.uk/helpline-in-a-crisis</a>		<b>0808 196 3779</b> (FREEPHONE)
<b>Harmless - Tomorrow Project</b>	Suicide Prevention - support for those in suicide	Website or email	<a href="http://www.tomorrowproject.org.uk/">http://www.tomorrowproject.org.uk/</a>	<a href="mailto:crisis@tomorrowproject.org.uk">crisis@tomorrowproject.org.uk</a>	0115 880 0282
<b>Grief Line</b>	A dedicated service for those who need immediate support following bereavement. There is a 24/7 triage service that will ensure the grieving person will be connected to emotional support. The Grief Line will continue to stay in contact with that person until support has been received and will follow up post-support to assess further need.	Phone line open 8.00 am until 8.00 pm every day. An answerphone is available out of hours.	<a href="https://www.nottshospice.org/our-care-services/griefline/">https://www.nottshospice.org/our-care-services/griefline/</a>	<a href="mailto:griefline@nottshospice.org">griefline@nottshospice.org</a>	0800 111 4451

This document is divided into the following sections:

- General mental health advice for children and young people
- Support for anxiety and depression
- Specialist support for mild–severe mental health difficulties
- Child bereavement services
- Support with self-harm and/or suicidal ideation for children and young people
- Support for children and young people witnessing or experiencing abuse including domestic and sexual abuse
- Support for children and young people worried about or caring for their caregivers

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Name	Description	Service access	Website	Email	Phone number
<b>Action for young carers (AYC)</b>	Action for Young Carers (AYC) is a free and confidential service that supports young carers in Nottingham City. Funded by Nottingham City Council, AYC provides young carers with the chance to get together, have fun and access the help they need.	Website, phone or email	<a href="https://aycnottingham.co.uk/">https://aycnottingham.co.uk/</a>	<a href="mailto:AYCservice@carersfederation.co.uk">AYCservice@carersfederation.co.uk</a>	0115 9629351 /2/3 or 0115 9629349 Text or phone 07814 678 460
<b>Anna Freud</b>	Information on mental health and emotional wellbeing for CYP and their families	Website or email	<a href="https://www.annafreud.org/">https://www.annafreud.org/</a>	<a href="mailto:info@annafreud.org">info@annafreud.org</a>	020 7794 2313
<b>Base 51</b>	Base 51 offers free confidential counselling and emotional health and wellbeing services to young people aged 12 – 25 in Nottingham City and the south of the county. Support is through face –to –face counselling, telephone and online with accessible drop-in support.	Email or phone	Facebook page <a href="https://www.facebook.com/Base51/">https://www.facebook.com/Base51/</a> Website: <a href="http://www.Base51.org">www.Base51.org</a>	<a href="mailto:counselling@base51.org.uk">counselling@base51.org.uk</a>	0115 952 5040
<b>Specialist CAMHS 0-18 years (City)</b>	For CYP 0-18 years who are experiencing moderate to severe and complex emotional and mental health difficulties	Website, phone or text	<a href="http://www.asklion.co.uk/be/mh">www.asklion.co.uk/be/mh</a>		0115 8764000 Text: 0786 000 213
<b>Targeted CAMHS 0-18 year (City)</b>	For CYP 0-18 years who are experiencing mild to moderate emotional and mental health difficulties	Website, phone or text	<a href="http://www.asklion.co.uk/be/mh">www.asklion.co.uk/be/mh</a>		0115 8764000 Text: 0786 000 213
<b>Community CAMHS 0-18 (County)</b>	For CYP 0-18 years who are experiencing mild through to severe and complex emotional and mental health difficulties	Website, phone or text	<a href="http://www.nottinghamshirehealthcare.nhs.uk/camhs-young-people">www.nottinghamshirehealthcare.nhs.uk/camhs-young-people</a>		0115 854 2299
<b>CAMHS Crisis Resolution &amp; Home Treatment 0-18 years</b>	For CYP 0-18 years with a mental health crisis: at risk of immediate and significant self-harm.		<a href="http://www.nottinghamshirehealthcare.nhs.uk/camhs-crisis-team">www.nottinghamshirehealthcare.nhs.uk/camhs-crisis-team</a>		0115 854 2299 or 0115 844 0560
<b>Carers Hub</b>	Free and confidential service for young carers and carers to access information, advice, guidance and support	Website, phone or email	<a href="https://www.carerstrustem.org/hub">https://www.carerstrustem.org/hub</a>	<a href="mailto:hub@carerstrustem.org">hub@carerstrustem.org</a>	0115 824 8824
<b>Every Mind Matters</b>	Every Mind Matters is an online app that helps you to manage and maintain your mental health. Includes Coronavirus advice	Website	<a href="http://www.nhs.uk/oneyou/every-mind-matters/">www.nhs.uk/oneyou/every-mind-matters/</a>		

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Name	Description	Service access	Website	Email	Phone number
<b>Family Lives</b>	Help and support for families that are struggling with their relationships or during periods of change.	Online chat, phone helpline or email	<a href="https://www.familylives.org.uk/">https://www.familylives.org.uk/</a>	<a href="mailto:askus@familylives.org.uk">askus@familylives.org.uk</a>	0808 800 2222
<b>Health for Kids</b>	Information on physical, mental and emotional wellbeing of children in Nottingham	Online resources	<a href="https://www.healthforkids.co.uk/nottinghamshire/news/">https://www.healthforkids.co.uk/nottinghamshire/news/</a>		
<b>Health for Teens</b>	Information on physical, mental and emotional wellbeing of teenagers in Nottingham	Online resources and self-help	<a href="http://www.healthforteens.co.uk/nottinghamshire/">www.healthforteens.co.uk/nottinghamshire/</a>		
<b>Healthy Family Teams</b>	NHS support for young people and their families who need support from healthcare professionals	ChatHealth – A texting service offering 11-19 year olds confidential advice Check website for up to date details of how to access	<a href="https://www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams">https://www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams</a>	-	0750 732 9952
<b>Kooth</b>	Kooth.com is a free, anonymous, online emotional wellbeing and support service for young people aged 11-24 in Nottingham City / 10-25 Nottinghamshire with no referral needing to be made. Young people can access; text based counselling, peer-to-peer support, activities and a wide variety of articles Website available. Counselling hours 12:00-22:00 weekdays 18:00-22:00 weekends.  Kooth Face to Face appointments are available to young people aged 10-24 who have a Nottingham City GP. Referrals can be made at <a href="http://www.koothf2f.com">www.koothf2f.com</a> .	Website 24/7, 365 days a year  Chatline: Mon– Fri 12pm – 10pm Sat– Sun 6pm – 10pm  Face to face counselling ( City only)- in schools hours or up to 5.00pm in the community	<a href="https://kooth.com/">https://kooth.com/</a>		
<b>Mental Health Foundation</b>	Web site for general preventative advice and guidance about mental health	Website	<a href="https://mentalhealth.org.uk/coronavirus">https://mentalhealth.org.uk/coronavirus</a>		

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Name	Description	Service access	Website	Email	Phone number
<b>Talkzone</b>	A free confidential outreach one to one counselling service working with young people aged 11-25 in Bassetlaw. Initial assessment within max 6 weeks	Website/online form, email	<a href="http://www.centreplace.org.uk">www.centreplace.org.uk</a>	<a href="mailto:info@centreplace.org.uk">info@centreplace.org.uk</a>	01909 530943 (Talk Zone) 01909 479191 (Centre Place) 07538318462
<b>The Mix</b>	Support service for young people aged 13 – 25 covers a range of topics from young carers to mental health and lifestyle	Online chat, website, phone line	<a href="http://www.themix.org.uk">http://www.themix.org.uk</a>	<a href="https://www.themix.org.uk/about-us/contact-us">https://www.themix.org.uk/about-us/contact-us</a>	0808 808 4994
<b>Wellness in Mind</b>	Information, advice and support for residents experiencing issues with their mental wellbeing.	Website or phone	<a href="https://www.wellnessinmind.org/">https://www.wellnessinmind.org/</a>	-	0800 561 0073
<b>Young Minds</b>	Upskills leaders and frontline workers who improve outcome for children and families who need mental health services. COVID-19 advice to help young people cope is available on the website.	Website coronavirus advice. Young people can text YM85258 for help,	<a href="https://www.youngminds.org.uk/">https://www.youngminds.org.uk/</a>		020 7089 5050 Parent Helpline 0800 802 5544

## Anxiety and Depression

Name	Description	Service access	Website	Email	Phone number
<b>Anxiety UK</b>	Run by people with experience of living with anxiety, stress or anxiety-based depression, supported by a high-profile medical advisory panel.	Helpline 9.30am-5.30pm Mon-Fri Weekend helpline 10 am-8 pm Online chat	<a href="https://www.anxietyuk.org.uk/">https://www.anxietyuk.org.uk/</a>	<a href="mailto:support@anxietyuk.org.uk">support@anxietyuk.org.uk</a>	03444 775774
<b>Family Lives</b>	Help and support for families that are struggling with their relationships or during periods of change.	Online chat, phone helpline or email	<a href="https://www.familylives.org.uk/">https://www.familylives.org.uk/</a>	<a href="mailto:askus@familylives.org.uk">askus@familylives.org.uk</a>	0808 800 2222
<b>Kooth</b>	Kooth.com is a free, anonymous, online emotional wellbeing and support service for young people aged 11-24 in Nottingham City / 10-25 Nottinghamshire with no referral needing to be made. Young people can access; text based counselling, peer-to-peer support, activities and a wide variety of articles	Website 24/7, 365 days a year Chatline: Mon– Fri 12pm – 10pm Sat– Sun 6pm – 10pm	<a href="https://kooth.com/">https://kooth.com/</a>		

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Name	Description	Service access	Website	Email	Phone number
	Website available. Counselling hours 12:00-22:00 weekdays 18:00-22:00 weekends.  Kooth Face to Face appointments are available to young people aged 10-24 who have a Nottingham City GP. Referrals can be made at <a href="http://www.koothf2f.com">www.koothf2f.com</a> .	Face to face counselling ( City only)- in schools hours or up to 5.00pm in the community			
<b>No Panic</b>	Confidential Helpline and support for people who experience panic attacks, phobias, obsessive compulsive disorders (OCD) and other related anxiety disorders. Also provides support for carers of people living with the above.	Helpline available 10 am to 10 pm. After 10.00 pm - there is a recording of a breathing/relaxation technique	<a href="https://nopanic.org.uk/about-us/">https://nopanic.org.uk/about-us/</a>	<a href="mailto:info@nopanic.org.uk">info@nopanic.org.uk</a>	0844 967 4848 Also youth helpline - 0330 606 1174
<b>Base 51</b>	Base 51 offers free confidential counselling and emotional health and wellbeing services to young people aged 12 – 25 in Nottingham City and the south of the county. Support is through face –to –face counselling, telephone and online with accessible drop-in support.	Email or phone	Facebook page <a href="https://www.facebook.com/Base51/">https://www.facebook.com/Base51/</a>  Website: <a href="http://www.Base51.org">www.Base51.org</a>	<a href="mailto:counselling@base51.org.uk">counselling@base51.org.uk</a>	0115 952 5040
<b>Specialist CAMHS 0-18 years (City)</b>	For CYP 0-18 years who are experiencing moderate to severe and complex emotional and mental health difficulties	Website, phone or text	<a href="http://www.asklion.co.uk/bemh">www.asklion.co.uk/bemh</a>		0115 8764000 Text: 0786 000 213
<b>Targeted CAMHS 0-18 year (City)</b>	For CYP 0-18 years who are experiencing mild to moderate emotional and mental health difficulties	Website, phone or text	<a href="http://www.asklion.co.uk/bemh">www.asklion.co.uk/bemh</a>		0115 8764000 Text: 0786 000 213
<b>Community CAMHS 0-18 (County)</b>	For CYP 0-18 years who are experiencing mild through to severe and complex emotional and mental health difficulties	Website, phone or text	<a href="http://www.nottinghamshirehealthcare.nhs.uk/camhs-young-people">www.nottinghamshirehealthcare.nhs.uk/camhs-young-people</a>		0115 854 2299
<b>OCD UK</b>	Information and support for people with OCD.	Website	<a href="https://www.ocduk.org/">https://www.ocduk.org/</a>		

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Name	Description	Service access	Website	Email	Phone number
<b>Think Ninja</b>	Think Ninja is a commissioned Cognitive Behavioural Therapy app designed for children and young people. It is usually commissioned and accessed via a code however during COVID-19 it is being offered free of charge to all children and young people.	Download the app from android or apple store.	<a href="https://www.healios.org.uk/services/thinkninja1">https://www.healios.org.uk/services/thinkninja1</a>		
<b>Wellness in Mind</b>	Information, advice and support for residents experiencing issues with their mental wellbeing.	Website or phone	<a href="https://www.wellnessinmind.org/">https://www.wellnessinmind.org/</a>	-	0800 561 0073

## Specialist support for mild–severe mental health difficulties

Name	Description	Service access	Website	Email	Phone number
<b>Beat</b>	Support for anyone living with an eating disorder, their family, friends, carers, schools or employers via helplines, chat rooms, one-to-one web chats and email.	Website or phone - Mon - Fri 12 pm - 8 pm weekends 4 pm - 8 pm	<a href="https://www.beateatingdisorders.org.uk/contact-us">https://www.beateatingdisorders.org.uk/contact-us</a>	Adults - help@beateatingdisorders.org.uk Young People - fyp@beateatingdisorders.org.uk	Helpline 0808 801 0677 Studentline 0808 801 0811 Youthline 0808 801 0711
<b>CAMHS 0-18 years (County)</b>	For CYP 0-18 years who are experiencing mild to complex emotional and mental health difficulties	Website	<a href="http://www.nottinghamshirehealthcare.nhs.uk/camhs-young-people">www.nottinghamshirehealthcare.nhs.uk/camhs-young-people</a>		0115 854 2299
<b>Specialist CAMHS 0-18 years (City)</b>	For CYP 0-18 years who are experiencing moderate to severe and complex emotional and mental health difficulties	Website, phone or text	<a href="http://www.asklion.co.uk/beah">www.asklion.co.uk/beah</a>		0115 8764000 Text: 0786 000 213
<b>CAMHS Crisis Resolution &amp; Home Treatment 0-18 years</b>	For CYP 0-18 years with a mental health crisis: at risk of immediate and significant self-harm.		<a href="http://www.nottinghamshirehealthcare.nhs.uk/camhs-crisis-team">www.nottinghamshirehealthcare.nhs.uk/camhs-crisis-team</a>		0115 854 2299 or 0115 844 0560
<b>First Steps ED</b>	Dedicated eating disorders support service available to further education and higher education students. You can self refer	Excellent self help guide <a href="https://firststepsed.co.uk/wp-">https://firststepsed.co.uk/wp-</a>	<a href="https://firststepsed.co.uk/">https://firststepsed.co.uk/</a>  <a href="https://firststepsed.co.uk/">https://firststepsed.co.uk/</a>	<a href="mailto:info@firststepsed.co.uk">info@firststepsed.co.uk</a>	01332 367571

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Name	Description	Service access	Website	Email	Phone number
	directly through the website or via your student support service.	content/uploads/2020/03/First-Steps-ED_Self-Care-Guide.pdf	<a href="http://uk/eating-disorders-in-student-services/">uk/eating-disorders-in-student-services/</a>		

### Child bereavement services

Name	Description	Service access	Website	Email	Phone number
<b>Bereavement Advice Centre</b>	Support for people who have been bereaved.	Website or phone Monday to Friday 9.00 am to 5.00 pm	<a href="http://www.bereavementadvice.org/">www.bereavementadvice.org/</a>		0800 634 9494
<b>Child Bereavement UK</b>	National services include confidential information and support line for families and professionals when a child has died and when a child is bereaved	Website and telephone	<a href="http://www.childbereavementuk.org">www.childbereavementuk.org</a>		0800 02 888 40
<b>Children's Bereavement Centre</b>	Delivering specific and specialist pre-bereavement, bereavement and loss support across Nottinghamshire to children and young people (aged 3-18) and their close family members.	Website, email, telephone. Operating Mon-Fri	<a href="http://www.childrensbereavementcentre.co.uk">http://www.childrensbereavementcentre.co.uk</a>	<a href="mailto:info@childrensbereavementcentre.co.uk">info@childrensbereavementcentre.co.uk</a>	01636 551739
<b>CRUSE Bereavement Care</b>	Bereavement charity offering online and telephone	Phone (between 9.30 - 5.00 Mon-Fri or email for support	<a href="http://www.cruse.org.uk/">www.cruse.org.uk/</a>	<a href="mailto:helpline@cruse.org.uk">helpline@cruse.org.uk</a>	0808 808 1677
<b>CRUSE Nottinghamshire</b>	Local support for bereaved adults and children	Email	Webpage unreliable	<a href="mailto:nottinghamshire@cruse.org.uk">nottinghamshire@cruse.org.uk</a>	0115 9244404
<b>Grief Encounter</b>	Information and advice on supporting CYP through bereavement	Helpline 9am – 9pm Monday to Friday	<a href="https://www.griefencounter.org.uk">https://www.griefencounter.org.uk</a>	<a href="mailto:contact@griefencounter.org.uk">contact@griefencounter.org.uk</a>	0808 802 0111
<b>Grief Line</b>	A dedicated service for those who need immediate support following bereavement. There is a 24/7 triage service that will ensure the grieving person will be connected to emotional support. The Grief Line will continue to stay in contact with that person until support has been received and will follow up post-support to assess further need.	Phone line open 8.00 am until 8.00 pm every day. An answerphone is available out of hours.	<a href="https://www.nottshospice.org/our-care-services/griefline/">https://www.nottshospice.org/our-care-services/griefline/</a>	<a href="mailto:griefline@nottshospice.org">griefline@nottshospice.org</a>	0800 111 4451



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Name	Description	Service access	Website	Email	Phone number
<b>National Bereavement Partnership - COVID-19 Hub</b>	Practical advice and support (including counselling) for those affected by bereavement.	Freephone helpline number open every day, 7am – 10pm	<a href="http://www.nationalbereavementpartnership.org/">http://www.nationalbereavementpartnership.org/</a>	<a href="mailto:helpline@nationalbereavementpartnership.org">helpline@nationalbereavementpartnership.org</a>	0800 448 0800
<b>Samaritans</b>	Emotional support for anyone in distress.	24-hour helpline	<a href="https://www.samaritans.org/">https://www.samaritans.org/</a>	<a href="mailto:jo@samaritans.org">jo@samaritans.org</a>	116 123
<b>Wellness in Mind</b>	Information, advice and support for residents experiencing issues with their mental wellbeing.	Website or phone	<a href="https://www.wellnessinmind.org/">https://www.wellnessinmind.org/</a>		0800 561 0073
<b>Winston's Wish</b>	Information, advice and guidance on supporting bereaved children and young people	Helpline open 9.00-5.00 Monday to Friday Crisis messenger: text WW to 85358 (24/7)	<a href="http://www.winstonswish.org.uk">www.winstonswish.org.uk</a>	<a href="https://www.winstonswish.org/supporting-you/ask-a-question/">https://www.winstonswish.org/supporting-you/ask-a-question/</a>	08088 020 021

## Support with self-harm and/or suicidal ideation for children and young people

<b>CALM</b>	Suicide prevention support particularly for men aged 15 to 35	5.00 pm until midnight	<a href="https://www.thecalmzone.net/help/get-help/">https://www.thecalmzone.net/help/get-help/</a>		0800 58 58 58
<b>CAMHS Crisis Resolution &amp; Home Treatment 0-18 years</b>	For CYP 0-18 years with a mental health crisis: at risk of immediate and significant self-harm.		<a href="http://www.nottinghamshirehealthcare.nhs.uk/camhs-crisis-team">www.nottinghamshirehealthcare.nhs.uk/camhs-crisis-team</a>		0115 854 2299 or 0115 844 0560
<b>Harmless</b>	Self-harm support	Website or email	<a href="http://www.harmless.org.uk/">http://www.harmless.org.uk/</a>	<a href="mailto:info@harmless.org.uk">info@harmless.org.uk</a>	0115 880 0282
<b>Harmless - Tomorrow Project</b>	Suicide Prevention - support for those in suicide	Website or email	<a href="http://www.tomorrowproject.org.uk/">http://www.tomorrowproject.org.uk/</a>	<a href="mailto:crisis@tomorrowproject.org.uk">crisis@tomorrowproject.org.uk</a>	0115 880 0282
<b>HOPEline UK</b>	Suicide prevention for young people up to 35	9am – 10pm weekdays, 2pm – 10pm weekends, 2pm – 10pm bank holidays Text 07860 039967	<a href="https://papyrus-uk.org/hopelineuk/">https://papyrus-uk.org/hopelineuk/</a>	<a href="mailto:pat@papyrus-uk.org">pat@papyrus-uk.org</a>	0800 068 4141
<b>Papyrus</b>	Suicide prevention for children and young people	Website and Helpline	<a href="https://papyrus-uk.org/">https://papyrus-uk.org/</a>	<a href="mailto:pat@papyrus-uk.org">pat@papyrus-uk.org</a>	0800 068 4141



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<b>Samaritans</b>	Emotional support for anyone in distress.	24-hour helpline	<a href="https://www.samaritans.org/">https://www.samaritans.org/</a>	<a href="mailto:jo@samaritans.org">jo@samaritans.org</a>	116 123
<b>SHARP (Self-Harm Awareness &amp; Resource Project)</b>	Work with schools to support children and young people with self-harm and/or suicidal thoughts and behaviours.		<a href="http://www.eduserve.co.uk/additional-needs/sharp-self-harm-awareness-and-resource-project/about-sharp/">http://www.eduserve.co.uk/additional-needs/sharp-self-harm-awareness-and-resource-project/about-sharp/</a>	<a href="mailto:Camhs.Sharp@nottinghamcity.gov.uk">Camhs.Sharp@nottinghamcity.gov.uk</a>	Phone: 0115 876 4000 Text: 0786 000 213
<b>Shout</b>	Text support service for anyone in crisis anytime, anywhere - if you're struggling to cope and you need immediate help	Text Shout to 85258	<a href="https://www.giveusashout.org/">https://www.giveusashout.org/</a>		

## Support for children and young people witnessing or experiencing abuse including domestic and sexual abuse

Name	Description	Service access	Website	Email	Phone number
<b>Childline</b>	On line and phone support for children. It also includes a Calm Zone to help them let go of worries and anxiety.	Online or on the phone from 9am – midnight	<a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a>		0800 1111
<b>East Midlands Children and Young People's Sexual Assault Service (EMCYPSAS)</b>	Support for children and young people under 18 who have been sexually abused or assaulted. Includes access to healthcare and all follow on support including therapy, as well as forensic examinations	Open during Covid 19 24 hour helpline 0800 183 0023	<a href="https://www.emcypsas.co.uk/#">https://www.emcypsas.co.uk/#</a>	<a href="#">Please call EMCYPSAS helpline</a>	0800 183 0023
<b>Family Lives</b>	Help and support for families that are struggling with their relationships or during periods of change.	Online chat, phone helpline or email	<a href="https://www.familylives.org.uk/">https://www.familylives.org.uk/</a>	<a href="mailto:askus@familylives.org.uk">askus@familylives.org.uk</a>	0808 800 2222
<b>Imara</b>	Specialist service that supports children, young people and their family following a disclosure or discovery of child sexual abuse. Website has a range of support materials including self-help information and links to other support that is available that they would recommend.	Website	<a href="https://www.imara.org.uk/">https://www.imara.org.uk/</a>		
<b>ISAS</b>	Specialist counselling and group therapy for female and male sexual violence victims and survivors aged 16+ in Nottinghamshire county	Open during Covid 19 although group support is not taking place	<a href="http://www.isas-notts.org.uk/">http://www.isas-notts.org.uk/</a>	<a href="http://www.isas-notts.org.uk/contact.cfm">http://www.isas-notts.org.uk/contact.cfm</a>	0115 8240314

## Behavioural, emotional and wellbeing support - children, young people and carers in Nottingham and Nottinghamshire

Services highlighted in **yellow** are for Nottingham City GP registered patients and those in **blue** are for Nottinghamshire GP registered patients. If there is no shading then the service is accessible by any residents in Nottingham or Nottinghamshire (updated 1 October 2020).

Name	Description	Service access	Website	Email	Phone number
<b>Juno Women's Aid</b>	Nottinghamshire Domestic and Sexual Abuse Helpline for women  Access to 9 local and other national refuges including specialist BME and complex needs Access to other specialist domestic abuse support in Nottingham and Nottinghamshire	Helpline for women – phone or email	<a href="https://junowomensaid.org.uk/">https://junowomensaid.org.uk/</a>	<a href="mailto:helpline@junowomensaid.org.uk">helpline@junowomensaid.org.uk</a>	0808 800 0340
<b>Nottingham Independent Domestic Abuse Services</b>	NIDAS operate across Mansfield and Ashfield. Family based approach	Phone Mon–Thu 9.00am-5.00pm Fri 9:00am–4:30pm OR 24 hour helpline 0808 8000340 OR complete online form	<a href="http://www.nidas.org.uk/">http://www.nidas.org.uk/</a>	<a href="mailto:hello@nidas.org.uk">hello@nidas.org.uk</a>	01623 683250
<b>Nottinghamshire SVS Services (formerly Nottingham Rape Crisis)</b>	Specialist informational, practical and emotional support and BACP registered counselling and therapy for women and men aged 13+.	Open during COVID-19 Helpline: Mon-Tues 4.30pm-7.30pm Thurs-Sat 10am-1pm	<a href="http://www.nottssvss.org.uk">www.nottssvss.org.uk</a>	<a href="https://nottssvss.org.uk/contact/">https://nottssvss.org.uk/contact/</a> or <a href="mailto:support@nottssvss.org.uk">support@nottssvss.org.uk</a>	0115 941 0440
<b>Nottinghamshire Women's Aid</b>	Support for women and children affected by domestic abuse in Bassetlaw, Mansfield, Newark & Sherwood	Open during COVID-19 24 hour helpline 0808 8000340	<a href="https://nottswa.org/">https://nottswa.org/</a>	<a href="mailto:enquiries@nottswa.org">enquiries@nottswa.org</a>	01909 533610
<b>Notts Sexual Violence Support Services</b>	Emotional support to anybody aged 13 and over who has experienced rape, sexual violence or childhood sexual abuse, either recently or in the past or for others who may be worried.	Helpline 0115 941 0440 (check times on website) Online self-referral	<a href="https://nottssvss.org.uk/">https://nottssvss.org.uk/</a>	<a href="mailto:support@nottssvss.org.uk">support@nottssvss.org.uk</a>	0115 9410440
<b>NSPCC</b>	Help for adults concerned about a child. See Childline for support for children and YP	Online or phone helpline 0808 800 5000	<a href="https://www.nspcc.org.uk/">https://www.nspcc.org.uk/</a>		
<b>Rape Crisis</b>	Supports the work of Rape Crisis Centres across the country for women and girls. A Live Chat Helpline can be accessed via the website for girls aged 16+ and women.	Website or phone -Daily 12 pm - 12.30pm and 7 pm - 9.30 pm	<a href="https://www.rapecrisis.org.uk/">https://www.rapecrisis.org.uk/</a>		08088 029 999
<b>Refuge</b>	National service providing specialist support to women, children and some men escaping domestic violence and other forms of violence	24/7 Freephone National Domestic Abuse helpline and email	<a href="https://www.refuge.org.uk">https://www.refuge.org.uk</a>	<a href="http://www.nationaldahelpline.org.uk">www.nationaldahelpline.org.uk</a>	0808 2000 247

## Behavioural, emotional and wellbeing support - children, young people and carers in Nottingham and Nottinghamshire

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Name	Description	Service access	Website	Email	Phone number
<b>Relate Notts</b>	Offering telephone or webcam counselling for the foreseeable future. First point of contact is via email. Advice and guidance on keeping healthy relationships available on the website.	Email - Mon - Fri, 9 am - 5pm, phone or website.	<a href="https://www.relate-nottingham.org.uk/">https://www.relate-nottingham.org.uk/</a>	<a href="mailto:info@relate.nottingham.org.uk">info@relate.nottingham.org.uk</a>	0115 9584278
<b>Safe Time (County only)</b>	Therapeutic support for children and young people (0-18) who are victim/survivor of child sexual exploitation and/or child sexual abuse.	Phone or email Mon-Fri 9am – 5pm		<a href="mailto:safetimeadmin@childrenssociety.org.uk">safetimeadmin@childrenssociety.org.uk</a>	0115 960 6975
<b>Stop It Now!</b>	Helpline for anyone who needs advice on child sexual abuse risk	Mon-Thu 9.00-9.00 Fri 9.00-5.00 Weekends closed	<a href="https://www.stopitnow.org.uk/">https://www.stopitnow.org.uk/</a>		0808 1000 900
<b>Women's Aid England</b>	National domestic violence support for women, young people and children.	Live chat open 10am to midday Monday to Friday	<a href="https://www.womensaid.org.uk/information-support/">https://www.womensaid.org.uk/information-support/</a>		

## Support for children and young people worried about or caring for their caregivers

Name	Description	Service access	Website	Email	Phone number
<b>Action for young carers (AYC)</b>	Action for Young Carers (AYC) is a free and confidential service that supports young carers in Nottingham City. AYC provides you carers with the chance to get together, have fun and access the help they need.	Website, phone or email	<a href="https://aycnottingham.co.uk/">https://aycnottingham.co.uk/</a>	<a href="mailto:AYCservice@carersfederation.co.uk">AYCservice@carersfederation.co.uk</a>	0115 9629351/2/3 or 0115 9629323
<b>Carers Hub (Tu Vida)</b>	Free and confidential service for young carers to access information, advice, guidance and support	Website, phone or email	<a href="https://www.tuvida.org/">https://www.tuvida.org/</a>	<a href="mailto:hello@tuvida.org">hello@tuvida.org</a>	0115 962 8920
<b>The Children's Sleep Charity</b>	The provide appropriate sleep advice and support for parents/carers of children aged 12 months to 18.	Email and telephone	<a href="https://www.thechildrenssleepcharity.org.uk/">https://www.thechildrenssleepcharity.org.uk/</a>	<a href="mailto:info@thesleepcharity.org.uk">info@thesleepcharity.org.uk</a>	01302 751 416
<b>The Mix</b>	Support service for young people aged 13-25 covering a range of topics from young carers to mental health and lifestyle	Website or phone	<a href="https://www.themix.org.uk/">https://www.themix.org.uk/</a>		0808 808 4994