

Signposting directory

Contact details for services and organisations for young people and their families



Enclosed in this booklet are services and organisations that offer support for young people and their families in the Nottinghamshire area, that you may find useful.

If you or the young person require urgent support, please contact the CAMHS Crisis team on: -

0808 196 3779 option1.

The team are on call 24 hours a day, 7 days a week and you will be able to speak to a clinician.



Adult IAPT—Improving Access to Psychological Therapies Services

Adult IAPT services can take referrals from young people aged 17 years and 9 months.



Insight Healthcare

Websites:

<https://www.insight.org/>

<https://www.insightiapt.org/locations/nottingham/>

<https://www.insightiapt.org/locations/bassetlaw/>

Young people can self-refer to the service by completing their form; this is available at:

<https://insightwellbeingatwork.force.com/iaptreferrals/s/>

Telephone: 0300 555 5582 or 0300 300 0033

Vita Health Group

Website: www.vitahealthgroup.co.uk

Autism East Midlands

Website: <https://www.autismeastmidlands.org.uk/>

Email: enquiries@autismeastmidlands.org.uk

Address: Unit 31, Craggs Industrial Estate, Morven Street, Notts, S80 4AJ

Telephone: 01909 506678

locations/nottingham/ by completing the form at <https://www.base51.org/members>



Child Bereavement UK

Telephone: 0800 02 888 40

Change. Grow. Live.



Website: <https://www.changegrowlive.org/nottinghamshire>
<https://www.changegrowlive.org/nottinghamshire/children-young-people>

Email: nottsyadmin@cgl.org.uk

Telephone: 0115 896 0798

CASY Counselling

Website: <https://www.casy.org.uk/>

Telephone: 01636 704 620

Address: 23 Millgate, Newark, Nottinghamshire, NG24 4TR

Email: office@casy.org.uk



Referrals: parents/carers can make a referral by completing the form available at <https://www.casy.org.uk/wp-content/uploads/2021/06/CASY-Referral-Form-2020-new.docx>. Once completed, the form can be returned to the service via email.

Chill Panda



Chill Panda is a video game-based app, which help to reduce a child or young person is experiencing and improve their wellbeing. The app is available for young people to download from the Apple App Store or from Nintendo Switch, and further information is available on the Chill Panda website - <http://chillpanda.co.uk/>

A Place To Call Our Own (APTCOO)

Website: <https://www.aptcoo.co.uk/>

Email: enquiries@aptcoo.org

Telephone: Head Office — 01623 629 902

Bassetlaw support line — 07395 013 295



Kooth



Kooth is an online service offering free, anonymous counselling to children and young people. The young person can make a self-referral to the service by creating a free account on their website - <https://www.kooth.com/>

The Family Service—Early Help unit

The service prefers referrals to be made by a professional via an Early Help Assessment Form (EHAF), which can be completed by a key worker from the young person's school on their behalf. Alternatively, parents/carers can call the number below for advice.

Tel: 0115 804 1248

Email: early.help@nottsc.gov.uk

LGBT+ Nottinghamshire

Website: <https://www.lgbtplusnotts.org.uk/>

Email: info@lgbtplusnotts.org.uk

Telephone: 01909 479191

Text: 07761 500169

Referrals: Parent/carer or young person aged 13 + can make a self-referral to the service by completing the form available at <https://www.lgbtplusnotts.org.uk/selfref.htm>



BeUNotts

Website: <https://www.beusupport.co.uk/>

Telephone: 0115 708 0008

Referrals: parents/carers can make a self-referral by completing their form, which is available at:

<https://www.beusupport.co.uk/cyp-referral-form/>



Calm Harm

Calm Harm is an award-winning app, designed to help children and young people resist and manage the urge to self-harm. The app is available to download for free from both the Apple App Store and the Google Play Store, and further information about the app is available their website - <https://calmharm.co.uk/>



Equation



Equation is a Nottingham-based specialist charity that works with the whole community to reduce the impact of domestic abuse, sexual violence and gender inequality.

Telephone: 0115 9623 237

Winstons Wish

Winston's Wish is a national service, that supports bereaved children, young people, their families and the professionals who support them. They offer both 1-2-1 counselling discussing themes of bereavement and the impact; sessions are led by the young person and Group work online for peer support.

Telephone: 08088 020 021

Email: ask@winstonwish.org

Childline

Website: <https://www.childline.org.uk/>

Telephone: 0800 11 11

One-to-one counsellor chat on: <https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>



Harmless

Website: <https://harmless.org.uk/>

Telephone: 0115 880 0280

Email: info@harmless.org.uk



Healthy Family Team

Website:

<https://www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams>

Telephone: 0300 123 5436

Chat Health: TEXT ONLY – 07507 329952 (a text messaging service for young people aged 11-19, where the young person can get confidential advice from the team)

Parentline: TEXT ONLY – 07520 619919 (a text messaging service for parents/carers, where parents/carers can get confidential advice from the team)

Grief Encounter

Telephone: 0808 802 0111 (Weekdays 9am – 9pm)

Email: griefftalk@griefencounter.org.uk

Schools and Families Specialist Services (SFSS)

Telephone: For the Early Years SFSS & the Sensory Team - 0115 804 1232

For the Communication & Interaction and the Cognition & Learning - 0115 854 6464



Mental Health Support Team (MHST)

Website: <https://www.nottinghamshirehealthcare.nhs.uk/camhs-mental-health-support-teams>

Telephone: 0115 876 0167

YoungMinds



Website: <https://www.youngminds.org.uk/>

Textline: You can get free support by texting YM to 85258

Support for parents: you or parents/carers can get support via:-
Parents Helpline – 0808 802 5544 (Monday – Friday; 9:30AM – 4PM)
Webchat service – available via the YoungMinds website, Monday – Friday; 9:30AM – 4PM

Mermaids

Mermaids supports transgender, nonbinary and gender diverse children, young people and their families across the country, and will be able to support young people as they explore their gender identity

Website: <https://mermaidsuk.org.uk/>

Telephone: 0808 801 0400 (available Monday to Friday, 9am to 9pm)

Text chat: You can text Mermaids to 85258 for free text support

ADHD Foundation (ADDIS)

Telephone: 020 8952 2800

Email: info@addiss.co.uk

Website: <http://www.addiss.co.uk/index.html>



Sam App

The SAM app has been developed to help people monitor and manage their mental health and will be able to provide young people with techniques to address the anxiety they have been experiencing. Further information about app is available on their website - <https://mindgarden-tech.co.uk/>



Headspace

Headspace is an NHS recommended app, which provides meditation and mindfulness tools, which can help address and reduce the anxiety young people have been experiencing and help improve their mental and emotional wellbeing. You can download the app for free from the Apple App Store or the Google Play Store and further information about the app is available on the Headspace website - <https://www.headspace.com/>

Ask Us Nottinghamshire



Website: <https://askusnotts.org.uk/>

Telephone: 0800 121 7772

Neurodevelopmental Behaviour Support Service – The Family Service

Referrals for ASD or ADHD assessments should be completed by either a key worker from the young person's school, or a member of the Healthy Family Team on their behalf (via a Getting To Know Me Form). For any support pre or post-diagnosis this can be accessed by calling the number below:

Website: <https://www.nottshelpyourself.org.uk>

Email: family servicenbs@nottsc.gov.uk (for enquiries)

Telephone: 0115 977 4238

Nottinghamshire Women's Aid



Website: <https://nottswa.org/>

Email: enquiries@nottswa.org

24hr Helpline: 0808 800 0340

General Enquiries: 01909 533 610

Papyrus



Website: <https://www.papyrus-uk-org/>

Email: pat@papyrus-uk-org

Telephone: 0800 068 4141 (available everyday 9am to midnight)

Text: 07860 039967 (available everyday 9am to midnight)

Children's Bereavement Centre

Website: <http://www.childrensbereavementcentre.co.uk/>

Email: info@childrensbereavementcentre.co.uk



Shout

Website: <https://giveusashout.org/>

Email: info@giveusashout.org

Text: Text "SHOUT" to 82528

Resources: The family can access online resources while you are awaiting support from the service by visiting their website - <https://giveusashout.org/get-help/resources/>



TalkZone

Website: <http://www.talkzone.org.uk/>

Referrals: The young person can make a self-referral to the service by completing the form available at

<http://www.talkzone.org.uk/selfref.htm>

name's parents/carers can make a referral on the young person's behalf by completing the form available at <http://www.talkzone.org.uk/proref.htm>

Email: info@talkzone.org.uk

Address: Abbey Street Community Centre, Abbey Street, Worksop, Nottinghamshire, S80 2LA

Telephone: 0300 555 5582/ 0300 300 0033



NHS 5 Ways to Wellbeing

Mind, the mental health charity, and the NHS have developed the 5 ways to wellbeing, outlining 5 steps everyone can take, to help improved their mental and emotional health. Further information about the tool and how it could help young people is available on the NHS and Mind website.

Tomorrow Project

Website: www.tomorrowproject.org.uk

Email: tomorrow@harmless.org.uk



Anxiety Canada

This website is designed to help parents and their anxious children. Here, you will find practical strategies and tools to help you manage your child's anxiety, whether your child is just beginning to show symptoms, or has been diagnosed with an anxiety disorder.

Website: <https://www.anxietycanada.com/contact-us/>



Notts help yourself

Notts Help Yourself - the place to find info and services for Nottinghamshire all in one place

Telephone: 0300 500 80 80

Website: Nottshelpyourself



Voice Collective

Website: <http://www.voicecollective.co.uk/>

Email: info@voicecollective.co.uk

Telephone: 020 7911 0822