




## Support Services Directory

| Organisation/Service  | What they offer / How to contact   |
|---|--|
| <b>Mental Health</b>  |  |
|    | <p>We offer an extensive range of support services designed to help control anxiety rather than letting it control you.</p> <p><b>Age Range:</b> 18+</p> <p><b>Access Details:</b> Access support via their website.</p> <p><b>Coverage:</b> Nationwide</p> <p><b>Contact:</b> Website: <a href="https://www.anxietyuk.org.uk">https://www.anxietyuk.org.uk</a></p>  |
|    | <p>A charity that works with young people through counselling, trauma support, LGBTQIA + groups, young leaders programme, youth club etc.</p> <p><b>Age range:</b> 11-25</p> <p><b>Access Details:</b> Self-referral, and parent/carer referral.</p> <p><b>Coverage:</b> Nottingham City &amp; Nottinghamshire</p> <p><b>Contact:</b> Telephone: 01159525040/ Email: <a href="mailto:info@base51.org">info@base51.org</a> / Website: <a href="https://www.base51.org/get-support">https://www.base51.org/get-support</a></p> |
|  | <p>Free and accessible mental health and emotional wellbeing support service for children and young people and their parent/carer.</p> <p><b>Age range:</b> 0 – 25years</p> <p><b>Access details:</b> Self-referral, parent carer and professional referral.</p> <p><b>Coverage:</b> Nottingham City &amp; Nottinghamshire (except Bassetlaw)</p> <p><b>Contact:</b> Telephone: 0115 708 0008 (9am-5pm) / Website: <a href="http://www.beusupport.co.uk">www.beusupport.co.uk</a></p>  |



Beat is the UK's leading charity supporting those affected by eating disorders and campaigning on their behalf. Our Helplines are open 365 days a year from 9am – midnight during the week, and 4pm–midnight on weekends and bank holidays.

**Age range:** All Ages **Coverage:** Nationwide

**Access Details:** Self-referral or referral by parent/carer/friend

**Contact:** Telephone: 0808 8010677/ Website:

<https://www.beateatingdisorders.org.uk>



Harmless are a user-led organisation providing a range of services about self-harm and suicide including support, information, training and consultancy to people in need, their friends and families, and professionals.

**Access Details:** Professional or Self-referral

**Coverage:** Nottinghamshire & Leicestershire

**Contact:** By telephone - Nottinghamshire: 0115 880 0280 / Email:

[info@harmless.org.uk](mailto:info@harmless.org.uk)

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



Kooth is an online service offering free, safe and anonymous mental health support for children and young people.

**Access Details:** Young people can access support by creating a free account through Kooth's website.

**Coverage:** Nottinghamshire *plus* other areas across the country.

**Contact:** <https://www.kooth.com/>



No Panic provide anxiety support for young people aged 21 years old and under through their Youth Mentoring Scheme. This is carried out over the phone or by email over a 6-week period. The scheme teaches young people learning/coping skills to manage and overcome anxiety. No Panic also provides a helpline everyday between 10am-10pm (365 days of the year).

**Access Details:** Via website/email or telephone **Contact:** Helpline No. 0300 772 9844

Email: [youth@nopanic.org.uk](mailto:youth@nopanic.org.uk) Website: <https://nopanic.org.uk/>



Samaritan's is a charity that is available day or night for anyone who's struggling to cope, who needs someone to listen without judgement or pressure. Samaritans give people ways to cope and to ensure people have somewhere to turn to and get support when they need it most.

**Access details:** No referrals required – access by phone, email, online and post available.

**Age range:** All ages **Coverage:** Nationwide

**Contact:** Call 116 123 (Free) 24 hours a day / Website: <https://www.samaritans.org/>



Talkzone offers free, confidential mental health support and counselling for children and young people, aged 11-25, in Bassetlaw.

**Age Range:** 11-25

**Access Details:** Self-referral over the age of 13 via online referral form. Parent/carer/professional referral if under 13.

**Coverage:** Bassetlaw

**Contact:** Website: <https://www.talkzone.org.uk>



The tomorrow project is a confidential service for suicide prevention which offers suicide crisis and bereavement support.

**Age Range:** Individuals & Their Families

**Access Details:** Access support via online referral or email.

**Coverage:** Nationwide

**Contact:** Website: <https://harmless.org.uk/the-tomorrow-project-3/> / Email: [info@tomorrowproject.org.uk](mailto:info@tomorrowproject.org.uk) & [crisis@tomorrowproject.org.uk](mailto:crisis@tomorrowproject.org.uk)

# YOUNGMINDS

Young Minds is a charity raising awareness and advocating for change to improve the lives of young people who struggling with their mental health.

**Age range:** 25 and under

**Access Details:** Online

**Coverage:** Nationwide

**Contact:** Parent's Helpline Tel. 0808 802 5544 (Mon-Fri between 9.30am-4pm)

Website: [www.youngminds.org.uk/](http://www.youngminds.org.uk/)



CASY provides a confidential counselling service to young people aged from 6 to 25 within Nottinghamshire and Lincolnshire.

**Access Details:** Online referral via website, telephone or by email.

**Contact:** Call 01636 704 620 Email: [office@casy.org.uk](mailto:office@casy.org.uk)

Website: [www.casy.org.uk](http://www.casy.org.uk)



Offers online information as well as helpline support to under-25s about anything that's troubling them.  
The website includes information around sex & relationships, your body, mental health, drink & drugs, housing, money, work & study, crime & safety and travel/lifestyle.

Website: [www.themix.org.uk](http://www.themix.org.uk)

## Trauma/Bereavement



Offer specialist interest in working with individuals who have experienced trauma and loss. They work with young people, families and adults. Their website offers resources for parents and teams around the child.

**Age Range:** All ages

**Access Details:** Access support resources via their website

**Coverage:** Nationwide (online resources)

**Contact:** Website: [www.beaconhouse.org.uk/resources](http://www.beaconhouse.org.uk/resources)



Offers support for children under the age of 18 years old who have experienced rape or sexual assault in East Midlands.

**Age Range:** Under 18 years old

**Access Details:** Self-referral or by professional referral via the advice line.

**Coverage:** East Midlands

**Contact:** Website: [www.emcypsas.co.uk](http://www.emcypsas.co.uk) / Advice Line: 0800 183 0023

# The Children's Society

## Next Generation

Support young people up to 18 years old who live in Nottingham and are affected by exploitation, substance use, domestic violence or other disadvantage.

Through one-to-one sessions, they help you access specialist services, engage in education, employment or training, pursue hobbies and interests, and get your voice heard.

**Contact:** 0115 900 3106



Offers support for children under the age of 18 years old who have experienced rape or sexual assault in East Midlands.

**Age Range:** 3 years – 18 years

**Access Details:** Referrals accepted from professionals and families

**Coverage:** Nottinghamshire & other areas (refer to website)

**Contact:** Website: [www.childrensbereavementcentre.co.uk/](http://www.childrensbereavementcentre.co.uk/) / Telephone: 01636 551739



The UK's leading bereavement charity which offers understanding around grief and specialist support for children and young people experiencing grief.

**Age Range:** All ages

**Access Details:** Self-referral forms can be found on their website

**Coverage:** Nationwide – local support available upon inputting location

**Contact:** Website: [www.cruse.org.uk](http://www.cruse.org.uk) / Helpline: 0808 808 1677



Hope is a UK charity that helps young people aged 5 years to 25 years old when a loved one has a serious illness.

Hope provides two services nationally which includes a safe monitored Facebook group and secure online one-to-one support sessions.

**Age Range:** 5-25 years

**Access Details:** Professional or Self-referral

**Coverage:** Nationwide

**Contact:** Tel. 01989 566317 / email: [help@hopesupport.org.uk](mailto:help@hopesupport.org.uk)

Website - <https://hopesupport.org.uk/>



Imara is a Nottingham based charity, providing independent specialist support to children, teenagers, and their families affected by sexual abuse and domestic abuse.

**Age range:** 0-18    **Coverage:** Nottinghamshire

**Access Details:** Referrals are made through East Midlands CYP service

**Contact:** Call EMCYPSAS on 0800 183 0023 or visit

<http://www.emcypsas.co.uk/>



Winston's Wish charity supports bereaved children, young people, their families and the professionals who support them.

Winston's Wish provides free digital bereavement information and support for children and young people across the UK who are grieving the death of someone important to them.

**Age range:** Up to the age of 25 years old

**Access details:** Online via <https://winstonswish.org/>

**Contact:** Freephone Helpline: 08088 020 021 (Mon-Fri between 8am and 8pm) / email: [ask@winstonswish.org](mailto:ask@winstonswish.org)

## Education



Offers impartial 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. You do not need a medical diagnosis of your child's needs to take advantage of the service.

**Age Range:** 16-25

**Access Details:** Access support via their website or helpline.

**Coverage:** Nottinghamshire

**Contact:** Website: [www.askusnotts.org.uk](http://www.askusnotts.org.uk) / Helpline: 0800 121 772

**nottshelpyourself.org.uk**

SEND Local Offer – Education

The Notts Help Yourself website has information about different education settings and support for children and young people with special educational needs or disabilities (SEND).

**Contact:** Website: [www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk)

## Disability/SEND



ADHD UK is a charity that offers information, support, research, advocacy and awareness of ADHD.

**Age Range:** All ages

**Access Details:** Access materials via their website

**Coverage:** Nationwide

Website: <https://adhduk.co.uk/>



Offers resources and workbooks to support people living with ADHD, or supporting others who have ADHD/suspected to have ADHD.

**Age Range:** All ages **Coverage:** Nation

**Access Details:** Access materials via their website

**Contact:** Website: [www.adhdoers.com](http://www.adhdoers.com)



ADHD Foundation provides resources for children, teens and parents/carers explaining ADHD, possible treatments and how to manage a diagnosis.

**Age Range:** All ages

**Access Details:** Access materials via their website

**Coverage:** Nationwide

**Contact:** Website: <https://www.adhdfoundation.org.uk>



Autism East Midlands provide a wide range of high-quality care, support and educational services to meet the needs of autistic individuals of all ages, and their families and carers.

**Age Range:** All ages

**Coverage:** Nottinghamshire, Derbyshire, Leicestershire, Lincolnshire & Northamptonshire

**Contact:**

Website: [www.autismeastmidlands.org.uk](http://www.autismeastmidlands.org.uk)

Telephone: 01909 506678

Email: [enquiries@autismeastmidlands.org.uk](mailto:enquiries@autismeastmidlands.org.uk)



National Autistic Society is a registered charity in England, Wales and Scotland.

There is a range of information available on their website for advice and guidance.

**Age Range:** All ages      **Coverage:** Nationwide

Website: [www.autism.org.uk](http://www.autism.org.uk)



Autism Central is a peer education programme commissioned by NHS England.

It aims to build knowledge and understanding of autism and empower families and carers to advocate for autistic people they support.

Website: [www.autismcentral.org.uk](http://www.autismcentral.org.uk)



APTCOO – A Place To Call Our Own is a registered charity who support parents, carers and young people living with special educational needs and/or disabilities (SEND).

**Age Range:** Up to 18 years old.

**Contact:**

Single Point of Contact: 01623 629 902

Website: [www.aptcoo.co.uk](http://www.aptcoo.co.uk)

## Relationships/Safety



The Farr Centre is a women's centre in Worksop that aims to provide a safe and welcoming space where women can empower themselves, make new friends and learn new skills.

**Contact:**

Telephone: 01909 491330

Email: [enquiries@nottswa.org](mailto:enquiries@nottswa.org)

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



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.

**Age Range:** Dependent on location

**Access Details:** Online referral via website or by email/telephone

**Coverage:** Primarily in Nottingham and Nottinghamshire

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

Helpline: 0800 995 6999

Email: [helpline@equation.org.uk](mailto:helpline@equation.org.uk)



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

**Access Details:**

Email: [enquiries@junowomensaid.org.uk](mailto:enquiries@junowomensaid.org.uk)

24hr helpline: 0808 800 0340

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



Nottinghamshire Independent Domestic Abuse Service

**Coverage:** Mansfield and Ashfield

**Contact details:**

Telephone: 01623 683 250

Website: [www.nidas.org.uk](http://www.nidas.org.uk)

Email: [referrals@nidas.org.uk](mailto:referrals@nidas.org.uk)

The logo for Childline, featuring the word "childline" in white lowercase letters on a blue rectangular background.

ONLINE, ON THE PHONE, ANYTIME

Childline is a free, private and confidential service where young people can talk about anything.

Childline offers help for anyone under 19 years old in the UK.

Childline's support is through trained counsellors.

**Access details:**

Call: 0800 1111

By email or 1-2-1 counsellor chat by creating a free and easy confidential account via the website.

Website: [www.childline.org.uk](http://www.childline.org.uk)

## Online Safety



CEOP is a law enforcement agency and is here to help keep children and young people safe from sexual abuse and grooming online.

**Age Range:**

**Access Details:**

**Coverage:** Nationwide

**Contact:** Website: [www.ceop.police.uk/safety-centre/](http://www.ceop.police.uk/safety-centre/)



Nottinghamshire Police website contains information on how to keep yourself safe online and what you can do if you're a victim of an online crime.

**Website:** <https://www.nottinghamshire.police.uk/advice/advice-and-information/online-safety/online-safety/>

## Drugs & Alcohol



FRANK is a national anti-drug advisory service who offers friendly & confidential advice.

**Access details:**

Call 24/7 on 0300 123 6600 Text 82111

By email via website

Live chat via website 2pm – 6pm (7 days a week)

Website: [www.talktofrank.com](http://www.talktofrank.com)



Offers free confidential drug and alcohol related support for young people and their families across Nottinghamshire.

**Access Details:**

Telephone: 01623 703373 Email: [nottsyadmin@cgl.org.uk](mailto:nottsyadmin@cgl.org.uk)

Website: <https://www.changegrowlive.org/nottinghamshire>



Hetty's is a charity that offers support for families affected by Drug and Alcohol Misuse.

**Coverage:** Nottinghamshire

**Access Details:** Website: [www.hettys.org.uk](http://www.hettys.org.uk) Email: [info@hettys.org.uk](mailto:info@hettys.org.uk)

Telephone: 08000 850 941

## Identity



The LGBT+ service Nottinghamshire offer a range of specialist services for children and young people aged 11-25 who identify as LGBT+.

**Access Details:**

Website: [www.centreplace.org.uk/lgbt-plus-service-nottinghamshire](http://www.centreplace.org.uk/lgbt-plus-service-nottinghamshire)

Telephone: 01909 479191

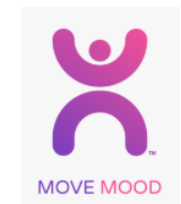
## Useful Apps



Calm Harm is an app to help teenagers manage or resist the urge to self-harm.



Clear Fear is an app to help children and young people manage symptoms of anxiety.



Move Mood is an app to help teenagers manage low mood and depression.



Combined Minds is an app to help families and friends provide mental health support.



Worth Warrior is an app to help young people manage low self-worth, poor body image and related eating disorders.