

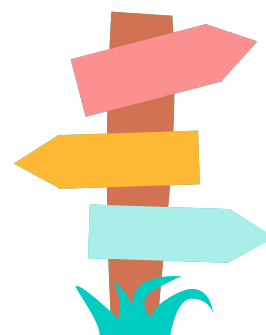
Mental Health Signposting Directory

Easy navigation:

Press “ctrl” + “F”

Key Words to find what you're looking for:

- Counselling
- Mental Health
- Bereavement
- Trauma
- LGBTQIA+
- Apps
- Helplines
- Anxiety
- Low mood
- Self-harm
- Suicide
- Domestic Abuse
- Resources
- Family support
- Sexual abuse
- Rape
- Eating Disorders
- Alcohol
- Drugs
- Crisis
- Parent/carer support groups



MENTAL HEALTH SERVICES/SUPPORT

 <p>Counselling and Support for Young People</p>	<p>Confidential counselling service for children and young people Age: 6 to 25 years Location: Nottinghamshire & Lincolnshire Referral: Online referral Website: https://www.casy.org.uk/ Email: office@casy.org.uk Phone: 01636 704 620</p>
	<p>Group and 1 to 1 counselling for a variety of issues, e.g. trauma support, LGBTQIA+, general mental health Age: 11-24 years Location: Nottinghamshire & Nottingham City Referral: Self-referral and parent/carer referral Website: https://www.base51.org/ Email: counselling@base51.org.uk Phone: 0115 952 5040</p>
	<p>Mental health support for children and young people through 1 to 1 counsellor chats on the website, over the phone, or message boards Area: Nationwide Website: https://www.childline.org.uk/ Telephone: 0800 1111</p>

	<p>Anxiety support, advice, and mentoring. Includes a youth mentoring scheme over the phone or email over 6-week period, teaching young people coping skills to manage and overcome anxiety.</p> <p>Helpline available 10am-1pm, 365 days a years</p> <p>Location: Nationwide Age: Under 21 years Helpline: 0300 772 9844 (10am-10pm) Email: youth@nopanic.org.uk Website: https://nopanic.org.uk/</p>
	<p>Free, confidential mental health support and counselling.</p> <p>Age: 11-25years Location: Bassetlaw Referral: Self-referral (13+), or parent referral (under 13) Website: https://www.centreplace.org.uk/talkzone</p>
	<p>Free, accessible early mental health and emotional wellbeing support service. Including 1-1 counselling and group therapy.</p> <p>Age: 0-25 years Location: Nottingham City and Nottinghamshire (excluding Bassetlaw) Referral: Self, parent/carer, or professional Phone: 0115 708 0008 (9am-5pm) Website: www.beusupport.co.uk</p>
	<p>Online service offering free, safe, anonymous mental health support for children and young people</p> <p>Location: Nationwide Age: 11-25 years Access details: Create a free account on Kooth's website Website: https://www.kooth.com/</p>

24/7 HELPLINES



Crisis helpline

Call: 116 123

Age: All ages

Website: <https://www.samaritans.org/>



Free, confidential mental health **helpline** text service

Text 'SHOUT' to 85258

Age: All ages

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



Online mental health information and **resources**.

Crisis helpline text service, through Shout

Provides free, 24/7 crisis support

Text "THEMIX" to 85258

Age: 25 years or under

The Mix Counselling service for anyone aged 13-25 years



Campaign Against Living Miserably: **suicide** prevention charity
Late night **helpline** for people who are feeling low or need to talk
to someone about their mental health and get support

Call: 0800 58 58 58

5pm - midnight, 365 days a year

Website: <https://www.thecalmzone.net/>



Helpline for young people having thoughts of **suicide** or anyone
can call who is concerned that a young person could be thinking
about suicide

Call 0800 068 4141

9am-midnight, 365 days a year

Age: Children and young people under the age of 35

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

SELF-HARM AND SUICIDE



Provides support, information, training, and consultancy about **self-harm** to individuals who self-harm, their friends, families, and professionals.

Location: Nottingham City & Nottinghamshire

Website: <https://harmless.org.uk/our-services/people-that-self-harm/>

Email: info@harmless.org.uk

Phone: [0115 880 0280](tel:01158800280)



A sister service to Harmless. Offers a confidential **suicide** prevention service that supports people planning to end their life.

Referral: Self and professional referrals

Website: <https://harmless.org.uk/our-services/people-in-suicide-crisis/>

Email: crisis@tomorrowproject.org.uk

Tel: [0115 880 0280](tel:01158800280)



Provides **resources** and information about how to make a safety plan for anyone struggling with or supporting with **suicide** and suicidal thoughts. Designed to offer hope, compassion, and practical ideas on how to find your own way forward.

Website: <https://www.stayingsafe.net/>



Silence of Suicide (SOS) is suicide prevention/support charity.

Offers a **suicide** prevention and emotional wellbeing **helpline**.

Call on 0808 115 1505

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

EATING DISORDERS



UK's leading charity supporting those affected by **eating disorders**.

They offer: a supportive space, a **helpline**, information about eating disorders, and signposting information

Family support: Free online platform - 'POD' - for parents/carers supporting a young person with an eating disorder

Area: Nationwide

Ages: All ages

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



FREED-Beeches

Free service offering counselling, CBT, psychotherapy, psychoeducational support, advice, and group work for anyone aged 14+ suffering from **eating disorders**.

Ages: 14+

Location: Bassetlaw

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

Phone: 01909 479922

Email: info@freedbeeches.org.uk



First Episode Rapid Early Intervention for **Eating Disorders** (FREED) is a service designed to give young people who have experienced an eating disorder for 3 years or less rapid access to specialised evidence-based treatment and support.

Ages: 16-25

Location: Nationwide

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



An **eating disorder** support and recovery charity that offers early help, therapy, and lived experience support.

Ages: All ages

Area: Across the Midlands

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

Email: info@firststepsed.co.uk

Phone: 01332 367571

FAMILY SUPPORT



Family support service to offer support to parent/carers for a variety of parental and family issues and concerns, including mental health. Includes a **helpline** and live chat function.

Area: nationwide

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

Email: askus@familylives.org.uk

Helpline: 0808 800 2222



Charlie Waller Trust has a website to find any local peer **parent/carer support groups**

Website: <https://charliewaller.org/accessing-parent-carer-peer-support-groups>



Provides a variety of **family support** for different relationship issues. Including online and telephone counselling, relationship and family counselling, mediation, and children and young people counselling.

Ages: All ages

Area: Nationwide

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



Talk Zone **parent/carer support group** for parents/carers with a child or young person with mental health or emotional wellbeing difficulties

Area: Nottinghamshire and Bassetlaw

Age: Children and young people aged 0-25 years

Website: <https://www.centreplace.org.uk/parent-and-carer-support>



Nottinghamshire's LGBT+ Service offers a monthly **parent/carer support group** for parents/carers with children identifying as **LGBTQIA+** or questioning their sexual orientation or gender identity.

Area: Nottinghamshire and Bassetlaw

Website: <https://www.centreplace.org.uk/parent-and-carer-support>



TRAUMA / BEREAVEMENT



Beacon House - A specialist, creative therapeutic service for young people, families, and adults who have experienced **trauma** and loss. With free resources available on their website.

Ages: All ages

Location: Nationwide

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



Support for children and young people who have experienced **rape** or sexual assault

Age range: Under 18 years

Referral: Self-referral or professional referral via the advice line

Area: East Midlands

Website: <https://www.emcypsas.co.uk/#>

Advice line: 0800 183 0023



The Children's Society - Support for children and young people who have been affected by exploitation, **domestic violence**, substance use, refugee and asylum seeking, and other disadvantage and **trauma**.

Area: Nottinghamshire

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

Phone: [0300 303 7000](tel:03003037000)







Children's **Bereavement** Centre: Offers support to children and young people and their parents/carers who have been affected by the death or terminal illness of someone important to them.

Area: Nottinghamshire and wider

Ages: 3-18 years

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

Email: info@childrensbereavementcentre.co.uk

 <p>Cruse Bereavement Support</p>	<p>Cruse - The UK's leading bereavement charity, offering understanding around grief and specialist support for children and young people experiencing grief</p> <p>Age: All ages Area: Nationwide Website: https://www.cruse.org.uk/ Helpline: 0808 808 1677</p>
 <p>hope again young people living after loss</p>	<p>Hope Again is the youth website of Cruse Bereavement Support. Safe place to learn from other people, how to cope with grief, and feel less alone.</p> <p>Area: Nationwide Ages: Under 18 years Website: https://www.hopeagain.org.uk/</p>
 <p>HOPE Support Services</p>	<p>Hope is a UK charity that supports children and young people when a loved one has a serious illness.</p> <p>Age: 5-25 years Referral: professional or self-referral Area: Nationwide Website: https://hopesupport.org.uk/ Phone: 01989 566317 Email: help@hopesupport.org.uk</p>
 <p>WINSTON'S WISH WW Giving hope to grieving children</p>	<p>Winston's Wish - A charity supporting children, young people, their families, and professionals with bereavement.</p> <p>Age range: Up to 25 years Area: Nationwide Website: https://winstonswish.org/ Helpline: 08088 020 021 (Mon-Fri 8am-8pm)</p>

RELATIONSHIPS / SAFETY



Nottinghamshire
Women's Aid
Survive & Thrive

Women's aid is a national charity working to end **domestic abuse** against women and children, from campaigning to providing frontline services their sole aim is to build a future where domestic abuse is not tolerated.

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

Live Chat: <https://chat.womensaid.org.uk/onlinechat> (Monday to Friday 8am to 6pm, Saturday and Sunday 10am to 6pm).

Email: helpline@womensaid.org.uk



JUNO provide support and programmes to women, children and young people who have been affected by **domestic abuse**.

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

Email: enquiries@junowomensaid.org.uk

General enquiries: 0115 947 5257

Referral enquiries: 0115 947 6490



Imara is an independent specialist service that supports children, young people and their family members following a disclosure or discovery of child **sexual abuse**.

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

Email: info@imara.org.uk

Telephone: 0800 183 0023



Equation - A specialist charity working with the whole community, including **LGBTQIA+** to reduce the impact of **domestic violence, sexual abuse**, and gender inequality.

Area: Nottinghamshire

Referral: Online via website or email/phone

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

Helpline: 0800 995 6999



Nottinghamshire Independent **Domestic Abuse** Service

Area: Mansfield and Ashfield

Telephone: 01623 683 250

Website: www.nidas.org.uk

Email: referrals@nidas.org.uk

IDENTITY & LGBTQIA+



LGBT+ Notts Offers a range of specialist services for children and young people who identify as **LGBTQIA+** and their parents/carers

Age: 13 years +

Location: Nottinghamshire

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

Email: info@lgbtplusnotts.org.uk

Telephone: 01909 479191



outBurst: Part of Base 51 and provides safe space and counselling to children and young people identifying as **LGBTQIA+**

Age: 11 - 19 years

Location: Nottingham City & Nottinghamshire

Website: <https://www.base51.org/outburst>

Email: outburst@base51.org.uk

Telephone: 0115 952 5040



Mermaids is a nationwide charity supporting the **LGBTQIA+** community, specifically transgender, non-binary, and gender diverse children, young people, and their families. Including a **helpline** and online webchat

Ages: All ages

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

Support line: 0808 801 0400 (Mon-Fri 1pm-8.30pm)



Galop supports **LGBTQIA+** people who are victims of **domestic abuse**, sexual violence, hate crime, so-called conversion therapies, honour-based abuse, forced marriage, and other forms of **abuse**.

Website: <https://galop.org.uk/> · Email: info@galop.org.uk

LGBT+ Domestic Abuse Helpline: 0800 999 5428

Conversion Therapy Helpline: 0800 130 3335

LGBT+ Hate Crime Helpline: 020 7704 2040

DRUGS & ALCOHOL



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

Call 24/7 on 0300 123 6600 or Text 82111

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

Website: www.talktofrank.com



Offers free confidential **drug** and **alcohol** related support for young people and their families

Area: Nottinghamshire and nationwide

Telephone: 01623 703373

Email: nottsyp.admin@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

Website: www.hettys.org.uk

Email: info@hettys.org.uk

Phone: 08000 850 941

MENTAL HEALTH RESOURCES/INFORMATION

The logo for Nott Alone, with 'Nott' in purple and 'Alone' in orange.

Website providing **mental health resources** and information, created to help young people, parents/carers, and professionals to access the right mental health information

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

The logo for Young Minds, with 'YOUNG' in yellow and 'MINDS' in grey.

Young Minds is a leading mental health charity offering **mental health** research and **resources** for children and young people, families, and professionals.

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

The logo for The Mix, with the words 'THE MIX' in multi-colored block letters.

The Mix offers free information and **resources** about a variety of issues including **mental health**, **alcohol** and **drugs**, money and employment.

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



Anna Freud

Anna Freud - leading **mental health** charity and research institution provided **resources** for children and young people, families, and professionals

Website: <https://www.annafreud.org/>

The logo for Charlie Waller, featuring a stylized 'C' and 'W' with a speech bubble, and the name 'Charlie Waller' in blue and orange.

Charlie Waller Trust - A **mental health** charity providing evidence-based **resources** to children and young people, parents/carers, and their families about mental health. Including free webinars

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

SELF-HELP APPS



Calm Harm

An **app** designed to help teenagers manage or resist the urge to **self-harm**.

You can choose activities to comfort, distract, express yourself, release, and breathe. Age 13+ years



Clear Fear

An **app** designed to help children and young people manage **anxiety**.

Uses evidence-based treatment CBT to focus on learning to reduce the physical responses to threat by learning to breathe, relax, and be mindful as well as changing thoughts and behaviours and releasing emotions



Move Mood

An **app** to help teenagers manage **low mood** and depression
Using the evidence-based treatment, behavioural activation, to improve mood by encouraging activities and motivation.



Combined Minds

An **app** to help families and friends provide **mental health** support



Worth Warrior

An **app** to help young people manage low-self worth, poor body image, and related **eating disorders**.



Headspace

An **app** that uses science-backed meditation and mindfulness tools. Helps to create life-changing habits to support your mental health and find a healthier, happier you.

Website for more information: <https://www.headspace.com>



distrACT

An **app** for easy, quick, discreet access to information and advice about **self-harm** and suicidal thoughts



Finch: Self-Care Pet

A wellbeing **app** which acts as a self-care companion. Completing daily tasks helps to take care of your virtual pet.