



Organisation name	Website	Support offered
<u>Mental health and wellbeing support</u>		
Hub of Hope	https://hubofhope.co.uk/	Mental health support database
Young Minds	https://youngminds.org.uk/	General guidance and information regarding mental health
Children's Society	https://www.childrensociety.org.uk/	Information and guidance regarding mental health and wellbeing
CASY Counselling	https://www.casy.org.uk/	A registered charity offering support and counselling for young people.
Time to Change (led by Mind and Rethink Mental Illness)	https://www.time-to-change.org.uk/about-mental-health/support-someone	Mental Health support, Information & resources for young people, parents and carers
Child and Adolescent Mental Health Services (CAMHS)	https://www.nottinghamshirehealthcare.nhs.uk/camhs	NHS service that supports young people with emotional, behavioral or mental health difficulties Support resources https://www.camhs-resources.co.uk/
Samaritans	https://www.samaritans.org/	Offer confidential emotional support at any time calling 116 123 or emailing jo@samaritans.org
Anna Freud Centre	https://www.annafreud.org/parents-and-carers/	Information & resources for young people, parents and carers
Be U Notts	Phoneline: 0115 708 0008 - Available Mon-Fri 9am-5pm	Free Mental Health Services for children and young people. Our free counselling options offer a safe and comfortable space for you to talk

	https://www.beusupport.co.uk/	about your feelings, whether it is with a professional counsellor or other people like you.
Shout	Shout - UK's 24/7 Crisis Text Service for Mental Health Support Shout 85258 (giveusashout.org) Free text service: 85258 - available 24/7 Text NOTTS to 85258	Shout 85258 is a free, confidential, anonymous text support service. You can text us from wherever you are in the UK. If you are struggling to cope and need to talk, our trained Shout Volunteers are here for you, day or night.
The Mix	http://www.themix.org.uk/	Essential support for under 25's
Nottinghamshire Crisis Line	Telephone: 0808 196 3779	The crisis line number is available to anyone of all ages in mental health crisis at anytime. Available 24 hours a day, seven-days a week.
<u>Self-Harm and suicide support</u>		
Harmless	https://harmless.org.uk/	Offer online support for young people and families experiencing self-harm concerns.
Calm Harm	https://calmharm.co.uk/#row1	Online App which provides tasks to help resist or manage the urge to self-harm.
PAPYRUS	https://www.papyrus-uk.org/help-advice/	The national charity dedicated to the prevention of young suicide providing information & resources for young people, parents and carers.
Harmless CIC	www.harmless.org.uk info@harmless.org.uk	Monday - Friday 9:00am - 5:00pm Harmless is a user led organisation that provides a range of services about self-harm including support, information, training and consultancy to people who self-harm, their friends and families and professionals.
Self-Harm UK	https://www.selfharm.co.uk	Free online self-harm support for 14-19's Offers a free, online 7-week course for young people struggling with self-harm.
National Self Harm Network	https://www.nshn.co.uk/downloads.html	Support and information for individuals who self-harm and their family and carers

The Tomorrow Project	crisis@tomorrowproject.org.uk 0115 880 0282 - we ask that a message if left and a worker will respond within 1 working day bereavement@tomorrowproject.org.uk	The Tomorrow Project was set up to support those affected by suicide. The service offers two confidential support pathways. The first is our Crisis pathway, offering support to those in suicidal crisis, having suicidal thoughts or feelings. The second is our Bereavement pathway, offering a safe space for anyone who may have been bereaved or affected by the loss of someone to suicide.
-----------------------------	--	--

Support for parents and carers

NSPCC	https://www.nspcc.org.uk/keeping-children-safe/	Support and tips to help you keep children safe. From advice on children's mental health to staying safe online, support for parents and what to do if you're worried about a child.
Childline	www.childline.org.uk	Charity run organisation which offers information & support for children's wellbeing
MindEd	https://www.mindedforfamilies.org.uk/young-people	Offers advice, information and support on mental health issues for Parents/Carers
Parentline	Text 07520 619919 https://www.nottinghamshirehealthcare.nhs.uk/parentline	Confidential texting service for parents and carers
Action for Children	https://parents.actionforchildren.org.uk/	Free advice for parents and carers of children aged 0-19 in the UK

Counselling and advice

Base 51	www.base51.org/	Charity that support's Nottingham's 11-25 year-olds through counselling, group work and 1-2-1 support
Kooth	https://www.kooth.com/	Information and support for mental health and wellbeing. Online counselling available
We R Here	WeRHere Support for the whole family Phone: 0115 920 6241	Offer free counselling and support for anyone who has had a traumatic life experience.

Physical and sexual health support

SEXions	https://www.sfh-tr.nhs.uk/our-services/sexual-health/services-offered/sexions/	Confidential sexual health service for young people aged 13-19, and up to 24 for young people with disabilities.
Healthy Families Team (School Nurse)	https://www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams Telephone: 03001235436	Information, advice and support about health issues for children and young people from 5-19
ChatHealth	Text 07507 329952 https://www.nottinghamshirehealthcare.nhs.uk/healthy-families-chathealth	Text service for young people to confidentially ask for help about a range of health issues.
The Sleep Charity	Home - The Sleep Charity Phone: 0330 353 0541	A national charity empowering the nation to sleep better.

Substance Misuse support

Rehab 4 Addiction	https://www.rehab4addiction.co.uk/	Advisory & referral service for people who suffer from alcohol, drug and behavioural addiction
Change Grow Live	Advice for people under 21 or supporting a young person (changegrowlive.org)	Advisory & referral service for people who experience substance misuse and support for parents.

Gender support

The Beaumont Trust	http://www.beaumont-trust.org.uk/	Charitable educational resource to educate and inform about Transgender issues, care, support, equality, and integration.
Mermaids	https://mermaidsuk.org.uk/	Support for gender diverse young people and their families

Online Safety

CEOP (Child Exploitation and Online Protection)	https://www.ceop.police.uk/safety-centre	Reporting tool if you are worried about online sexual abuse or the way someone has been communicating with you online
--	---	---

SWGfL (Safe, secure, online)	https://swgfl.org.uk/audience/parents/	Information, articles and tips about Online Safety & Security
Kidscape	Online Safety and Cyberbullying Awareness for Parents and Carers (kidscape.org.uk)	Online safety & Cyberbullying awareness for parents & carers
Parents Protect	https://www.parentsprotect.co.uk/	Advice for parents & carers on how to prevent exploitation online
First Steps	https://firststepsed.co.uk/	Mental Health and Specialist Eating Disorders charity working across the Midlands
Beat	https://www.beateatingdisorders.org.uk/supporting-someone	Website offering support for young people and their families experiencing an eating disorder.
Bereavement support		
Childhood Bereavement Network	http://www.childhoodbereavementnetwork.org.uk/	Guidance and support to enable young people to manage the impact of death on their lives.
Cruse Bereavement Care	https://www.cruse.org.uk/	Leading charity supporting bereaved people
Winston's Wish	Winston's Wish - giving hope to grieving children (winstonswish.org) Phone: 0808 802 0021	A charity supporting children and young people who experience bereavement.