



Organisation name	Website	Support offered
Young Minds	https://youngminds.org.uk/	General guidance and information regarding mental health
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.
Kooth	https://www.kooth.com/	Information and support for mental health and wellbeing. Online counselling available
CASY Counselling	https://www.casy.org.uk/	A registered charity offering support and counselling for young people.
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
Base 51	www.base51.org/	Charity that support's Nottingham's 11-25 year-olds through counselling, group work and 1-2-1 support
Children's Society	https://www.childrenssociety.org.uk/	Information and guidance regarding mental health and wellbeing
Samaritans	https://www.samaritans.org/	Offer confidential emotional support at any time calling 116 123 or emailing jo@samaritans.org
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

MindEd	https://www.mindedforfamilies.org.uk/young-people	Offers advice, information and support on mental health issues for Parents/Carers
Anna Freud Centre	https://www.annafreud.org/parents-and-carers/	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/
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.
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	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.
Parentline	Text 07520 619919 https://www.nottinghamshirehealthcare.nhs.uk/parentline	Confidential texting service for parents and carers
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
Mermaids	https://mermaidsuk.org.uk/	Support for gender diverse young people and their families
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.

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
Childhood Bereavement Network	http://www.childhoodbereavementnetwork.org.uk/	Guidance and support to enable young people to manage the impact of death on their lives.
Parents Protect	https://www.parentsprotect.co.uk/	Advice for parents & carers on how to prevent exploitation online
Cruse Bereavement Care	https://www.cruse.org.uk/	Leading charity supporting bereaved people
Action for Children	https://parents.actionforchildren.org.uk/	Free advice for parents and carers of children aged 0-19 in the UK
Rehab 4 Addiction	https://www.rehab4addiction.co.uk/	Advisory & referral service for people who suffer from alcohol, drug and behavioural addiction