

Your digital guide to mental health services in Nottingham and Nottinghamshire



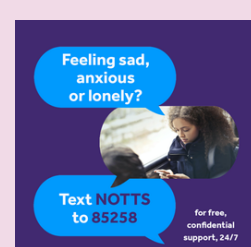
Crisis Line

Nottingham and Nottinghamshire Crisis Line is open to anyone, 24/7.
Age range: All age.
Access details: Self-referral, family, carer and professional referral.
Coverage: Nottingham City and Nottinghamshire.
Phone: 0808 196 3779
Website: www.nottinghamshirehealthcare.nhs.uk/help-in-a-crisis
 For callers who are deaf or hard of hearing: 0115 8760111



Text Notts

Text service run 24/7 in partnership with SHOUT. Free, confidential mental health text support
Age range: All age.
Access details: Self-referral.
Coverage: Nottingham City and Nottinghamshire.
Contact: Text the word NOTTS to 85258.



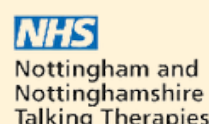
Nott Alone

A dedicated website providing mental health information and support to young people with links to local support.
Age range: Under 25 (currently being expanded to cover all ages)
Access details: Self, carer, parent or professional.
Coverage: Nottingham City and Nottinghamshire.
Website: www.nottalone.org.uk



Talking Therapies

Free, effective, confidential treatments to help with common mental health problems like anxiety, stress and depression.
Age range: 18+
Access details: Self-referral or via a GP.
Coverage: Nottingham City and Nottinghamshire.
Phone: 0333 188 1060
Website: www.notts-talk.co.uk



Every Mind Matters

NHS website-based guidance to help lift mood or ease anxiety. Help includes an email programme which offers expert tips to deal with anxiety, and a six-week programme to help improve sleep. It also provides CBT techniques and advice to help others who are struggling with their mental health.
Website: www.nhs.uk/every-mind-matters



Crisis Sanctuaries

Nottinghamshire Crisis Sanctuaries help with support with a mental health crisis or issue.
Age range: 18+
Access details: Self-referral
Coverage: Nottingham City and Nottinghamshire County
Contact: Chilwell - Nottinghamshire Mind, 318 High Road, 6pm-11pm every day.
 Mansfield – top of St John Street, 4pm-9pm every day.
 Worksop – Hardy Street, 5pm-10pm (Weds – Sat)
 Nottingham City – The Wellbeing Hub, 73 Hounds Gate, 7pm-11pm every day.
Phone 0330 822 4100 (4pm-11pm) Nottinghamshirecrisissanctuaries.tv



Harmless services

The Tomorrow Project - support and advice for anyone affected by suicide
Access details: self-referral, carer and professional referral
Contact: www.tomorrowproject.org.uk
Crisis – Tomorrow Project Support for those experiencing suicide crisis (not 24/7)
Access details: self-referral
Contact: Website: www.harmless.org.uk/crisis-form-nottinghamshire
 Email - crisis@tomorrowproject.org.uk
Self Harm - includes counselling and psychotherapy
 Access details: self-referral, family, carer and professional referral
Contact: Email - info@harmless.org.uk
Website: www.harmless.org.uk/self-harm-form-nottinghamshire



Be U Notts

Free and accessible mental health and emotional wellbeing support service for children and young people and their parent/carer.
Age range: 0-25 years
Access details: Self-referral, parent carer and professional referral.
Coverage: Nottingham City and Nottinghamshire (except Bassetlaw).
Contact: Phone: 0115 708 0008 (9am-5pm).
 Website: www.beusupport.co.uk
Bassetlaw
 Kooth: 24/7 mental health support and awareness by text and online.
Contact: Website – www.kooth.com
 Talkzone: Support for those aged 11-25
Website: www.talkzone.org.uk

