

Service Name	Description	Website / Contact
Nottingham City CAMHS (Children & Adolescent Mental Health Services)	City Council CAMHS team Support for 0-18 year olds with emotional or mental health problems.	https://www.nottinghamcity.gov.uk/camhs
Nottinghamshire Healthcare CAMHS	Helpline and referral form links and explanation of what CAMHS does. Crisis Resolution Home Treatment Team	https://www.nottinghamshirehealthcare.nhs.uk/camhs-young-people https://www.nottinghamshirehealthcare.nhs.uk/camhs-crisis-team
Nottingham CityCare Children's public health 0-19	Community health services provider, providing NHS services. Confidential health advice from a public health nurse.	https://www.nottinghamcitycare.nhs.uk/our-services/childrens-public-health-0-19-nursing-service https://www.chathealth.nhs.uk/
NHS Self Help Leaflets	For abuse, alcohol, anxiety, bereavement, anger, depression, eating disorders, obsessions and compulsions panic, PTSD, self-harm, sleeping problems, stress.	https://web.ntw.nhs.uk/selfhelp/
Support Families (Previously Priority Families)	Programme targeting whole family intervention to support with crime and anti-social behaviour, non-school attendance, domestic abuse and violence, and problems with child health and mental wellbeing.	http://www.nottinghamchildrenspartnership.co.uk/5596 Email: fip@nottinghamcity.gov.uk Telephone: 0115 8763606
Children's Speech and Language Therapy Service	Nottingham City and County therapy service helping children who need support with understanding what is being said to them, listening and following instructions or conversations, and otherwise communicating clearly.	https://www.nottshelpyourself.org.uk/kb5/nottinghamshire/directory/service.page?id=YRvyk9qNZKQ&newdirectorychannel=0
.GOV – Domestic abuse: how to get help	Guidance, links and helplines for support with domestic abuse	https://www.gov.uk/guidance/domestic-abuse-how-to-get-help
NottAlone	Local mental health advice for young people in Nottingham City and County, covering a wide variety of possible needs	https://nottalone.org.uk/?a=yp
Base51	Counselling, psychotherapy, workshops and safe spaces for young people aged 11-24.	https://www.base51.org/ counselling@base51.org.uk 0115 9525040
AskLion – Mental Health Support	List of free and local support services and helplines for various topics	https://www.asklion.co.uk/kb5/nottingham/directory/landing.page?directorychannel=8_3
AskLion – MHSTs (Mental Health Support Teams)	Information about the service and how to refer for help with young people in school experiencing difficulties – can be referred through school	https://www.asklion.co.uk/kb5/nottingham/directory/advice.page?id=BMayDi93L1U

NHS Food Facts and Eatwell	Advice on food types, children's weight, a food scanning app, and guidance on food groups.	https://www.nhs.uk/healthier-families/food-facts/ https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/
British Nutrition Foundation	Information on nutrition and sustainable diets for different life stages.	https://www.nutrition.org.uk/life-stages/
Young Minds	Charity fighting for children and young people's mental health. Features guidance on support, CAMHS, and who to speak to.	https://www.youngminds.org.uk/
Get Self Help	Offers strategies and possible solutions (Cognitive Behaviour Therapy Resources) for various mental health issues.	https://www.getselfhelp.co.uk/
Family Lives	Provides targeted early intervention to all age groups including advice, helplines/live chat, videos and courses for parents.	https://www.familylives.org.uk/
NSPCC	Helplines, information and advice on children's physical safety and mental health, and details of regional hubs.	https://www.nspcc.org.uk/
Childline	Information, advice and tools including 121 counsellor chat, for children about bullying, abuse, relationships and school. Helpline	https://www.childline.org.uk/ 0800 1111
Harmless	Organisation who works to address and overcome issues related to self-harm and suicide. Signposts to counselling, psychotherapy.	https://harmless.org.uk/
Kooth	Anonymous online mental wellbeing community	https://www.kooth.com/
Samaritans	Charity providing emotional support to anyone with emotional distress or struggling to cope, via phone, email, app, or in branches.	https://www.samaritans.org/ Or call 116 123
Papyrus	Prevention of Young Suicide charity Confidential suicide prevention advice (HOPELINE UK)	https://www.papyrus-uk.org/ Call 0800 068 4141 or text 07860 039967
The Mix	Support service for young people for mental health, finances, homelessness, relationships and drugs.	https://www.themix.org.uk/ Call 0808 808 4994
CalmHarm	App that helps manage or resist the urge to self-harm.	https://calmharm.co.uk/homepage/

Create a Budget Plan	Taking control of your household spending with a budget plan, use free budgeting tools and work out where your money goes.	asklion.co.uk/budgeting
Prioritise and Reduce your Bills	Tips for reducing and prioritising your bills.	asklion.co.uk/bills
Claim the Benefits you are entitled to	Check the benefits you're entitled to, free childcare, Healthy Start Vouchers and free school meals.	asklion.co.uk/benefits
Free & Cheap Food	Find places which offer cheap food, including community supermarkets, social eating projects and food banks.	asklion.co.uk/food
Travel for Less	Free or discounted public transport in Nottingham with Concessionary Travel Passes or other travel discount schemes.	asklion.co.uk/travel
Parks & Open Spaces	Nottingham hosts a number of activities including walks, playgrounds, outdoor gyms, table tennis and tree trails	https://www.nottinghamcity.gov.uk/leisure-and-culture/events-markets-parks-and-museums/parks-and-open-spaces/park-activities/?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=
Ask Us Nottingham	Ask Us offer a range of advice from signposting, helpline support and one-to-one advice for intensive support for complex issues, including education, EHCPs and health and social care issues.	https://askusnotts.org.uk/support 0800 121 772