

**Barnardo's** – [www.barnardos.org.uk](http://www.barnardos.org.uk)

*Support for emotional health and wellbeing*

**Be U Notts** - 0115 708 0008 - [www.beusupport.co.uk](http://www.beusupport.co.uk)

*Support for early mental health and emotional wellbeing support – you can self-refer if age 12+*

**ChildLine** - 0800 1111 - [www.childline.org.uk](http://www.childline.org.uk)

*Free, private and confidential service where you can talk about everything over the phone or online with a counsellor*

**Cruse** - 0808 808 1677 - [www.cruse.org.uk](http://www.cruse.org.uk)

*Helps young people and families to process and cope with grief and bereavement*

**KOOTH** - [www.kooth.com](http://www.kooth.com)

*Free, safe and anonymous support in an online mental wellbeing community*

**Harmless** - [www.harmless.org.uk](http://www.harmless.org.uk)

*An organisation to help and overcome issues related to self-harm*

**MIND** - 0300 123 3393 - [www.mind.org.uk](http://www.mind.org.uk)

*Advice and support for anyone experiencing emotional and mental health*

**Switchboard** - <https://switchboard.lgbt>

*Supporting young people with anything related to sexuality and gender identity*

**Winston's Wish** - [www.winstonswish.org](http://www.winstonswish.org)

*Supporting children and young people through bereavement*

**YoungMinds** - [www.youngminds.org.uk](http://www.youngminds.org.uk)

*Website full of advice to support young people and their families affected by mental health*

<b>Alcohol, Drug and Substance Misuse – including vaping</b>	
Adfam	Website: <a href="#">Home Page - ADFAM</a>
Change, Grow, Live (CGL)	Helpline: 01623 703 373 Website: <a href="https://www.changegrowlive.org/">https://www.changegrowlive.org/</a> Email: <a href="mailto:nottsyadmin@cgl.org.uk">nottsyadmin@cgl.org.uk</a>
Frank	Helpline: 0300 123 6600 Website: <a href="#">Honest information about drugs   FRANK (talktofrank.com)</a>
The Mix	Helpline: 0808 808 4994 Website: <a href="#">The Mix - Essential support for under 25s</a>
The Place	Helpline: 0115 948 4314 Website: <a href="#">JIGSAW - Nottingham   Change Grow Live</a> Email: <a href="mailto:jigsaw@cgl.org.uk">jigsaw@cgl.org.uk</a>
Smoke Free Teen (quit vaping)	Website: <a href="#">Quit Vaping   Smokefree Teen</a>
Stem4	Website: <a href="#">Addiction - stem4</a>

<b>Bereavement</b>	
Child Bereavement UK	Website: <a href="#">Child Bereavement UK</a> (includes live chat) Helpline: 0800 02 888 40 Email: <a href="mailto:helpline@childbereavementuk.org">helpline@childbereavementuk.org</a> Referral Information: <a href="#">Make A Referral   Children's Bereavement Centre (childrensbereavementcentre.co.uk)</a>
Cruse	Helpline: 0808 808 1677 Website: <a href="http://www.cruse.org.uk">www.cruse.org.uk</a> Email: <a href="mailto:nottinghamshire@cruse.org.uk">nottinghamshire@cruse.org.uk</a>
Grief Encounter	Email: <a href="mailto:griefftalk@griefencounter.or.uk">griefftalk@griefencounter.or.uk</a> Contact Number: 0808 802 0111 (weekdays 9am – 9pm)
Winston's Wish	Helpline: 0808 802 021 Website: <a href="http://www.winstonswish.org">www.winstonswish.org</a>

<b>Bullying Support</b>	
Action for Children	Website: <a href="#">My child is being bullied - Support for Parents from Action For Children</a>
Kidscape	Website: <a href="#">Help With Bullying   Bullying Advice   Kidscape</a> Email: <a href="mailto:parentsupport@kidscape.org.uk">parentsupport@kidscape.org.uk</a> Advice Line: 07496 682785
YoungMinds	Parents Helpline: 0808 802 5544 Website: <a href="#">Bullying (youngminds.org.uk)</a>

<b>Criminal and Sexual Exploitation Support</b>	
Fearless	Website: <a href="#">Home - Fearless</a>
Ivison Trust	Website: <a href="#">Ivison Trust - We support families affected by child exploitation.</a>
Positive Pathways	Website: <a href="#">Homepage   Youth Endowment Fund</a> Online Referral: <a href="#">Positive Pathways (ingeus.co.uk)</a> Email: <a href="mailto:positivepathways@ingeus.co.uk">positivepathways@ingeus.co.uk</a> Contact Number: 0207 265 3000
STEP (Safeguarding Against Trafficking and Exploitation Project)	Website: <a href="#">STEP (Safeguarding against Trafficking and Exploitation Project) – POW Nottingham (pow-advice.org.uk)</a> Email: <a href="mailto:admin@pow-advice.co.uk">admin@pow-advice.co.uk</a> Contact Number: 0115 934 9992
Victim Support (Crime Focuses)	Helpline: 0808 168 9111 Website: <a href="#">Children and young people - Victim Support</a>

<b>Domestic Abuse</b>	
Broxtowe Women's Project (BWP)	Contact Number: 01773 719111 Text Service: 07914 634 190 Website: <a href="http://www.broxtowewomensproject.org.uk">www.broxtowewomensproject.org.uk</a>
Domestic Violence Intervention Project	Website: <a href="#">Home - DVIP   Domestic Violence Intervention Project</a>
Equation	Contact Number: 0115 962 3237 Website: <a href="http://www.equation.org.uk">www.equation.org.uk</a> Email: <a href="mailto:info@equation.org.uk">info@equation.org.uk</a>
Evolution+ (Base 51) (support for young people affected by serious violence)	Referral email address: <a href="mailto:evolution@base51.org.uk">evolution@base51.org.uk</a> Referral phone number: 0115 952 5040 Website: <a href="https://www.base51.org/evolution">https://www.base51.org/evolution</a>
JUNO Women's Aid	Website: <a href="#">Contact Us - Nottinghamshire Women's Aid (nottswa.org)</a> Helpline: 0808 800 0340 (24hrs) General Enquiries: 01909 491330 Referral Phone Number: 0115 947 6490 Office Phone Number: 0115 947 5257 Email: <a href="mailto:enquiries@junowomensaid.org.uk">enquiries@junowomensaid.org.uk</a> / <a href="mailto:enquires@nottswa.org">enquires@nottswa.org</a>
Refuge	Website: <a href="#">Refuge, the largest UK domestic abuse organisation for women</a> Free Helpline: 0808 200 0247
Respect	Website: <a href="#">Charity to Help Domestic Abuse Perpetrators   Respect Phonenumber UK</a> Email: <a href="mailto:Info@respectphoneline.org.uk">Info@respectphoneline.org.uk</a> Freephone: 0808 802 4040
Women's Aid	Website: <a href="#">Home - Women's Aid</a> Email: <a href="mailto:helpline@womensaid.org.uk">helpline@womensaid.org.uk</a>

## Eating Disorders

Action for Children

Website: <https://parents.actionforchildren.org.uk/mental-health-wellbeing/self-esteem/child-eating-habits-disorder/>

## Emotional Health and Wellbeing

Action for Children

Website: [Mental health and wellbeing - Support for Parents from Action For Children](#)

Be U Notts

Website: <https://www.beusupport.co.uk>  
Phone: 0115 708 0008

CASY

Website: [Homepage - CASY](#)

Childline

Website: [Childline | Childline](#) (includes 1:1 counsellor chat)  
Contact Number: 0800 1111

Chill Panda

Website: [Chill Panda – Reducing anxiety and improving well being in Children through a fun gaming app](#)

Dove Self-Esteem Project

Website: [The Dove Self-Esteem Project | Dove](#)

Give Us A Shout

Text SHOUT to 85258  
Email: [info@giveusashout.org](mailto:info@giveusashout.org)  
Website: [Shout - UK's 24/7 Crisis Text Service for Mental Health Support | Shout 85258 \(giveusashout.org\)](#)

Happy Maps

Website: [Secondary School and Young Adult - HappyMaps](#)

MIND

Helpline: 0300 123 3393  
Website: [www.mind.org.uk](http://www.mind.org.uk)  
Email: [info@mind.org.uk](mailto:info@mind.org.uk)

Mindshift

MOBLIE APP

NSPCC (Building Connections – Tackling Loneliness)

Website: [Building Connections | Support service for young people | NSPCC Learning](#)

OCD Youth

E-Helpline: [youthhelpline@ocdaction.org.uk](mailto:youthhelpline@ocdaction.org.uk)  
Website: [OCD Youth - For and by young people with OCD | Home](#)

Samaritans

Helpline: 116 123  
Website: [Samaritans | Every life lost to suicide is a tragedy | Here to listen](#)

Stop.Breathe.Think

Website: [Home - Stop.Breathe.Think \(stopbreathethink.org.uk\)](#)  
Email for parents/carers: [admin@stopbreathethink.org.uk](mailto:admin@stopbreathethink.org.uk)  
24/7 contact details for young people: text **Breathe** to **85258**

stem4

Website: [www.stem4.org.uk](http://www.stem4.org.uk)

Stress Tips

MOBILE APP

Youth Access

Website: [Welcome to Youth Access | Youth Access](#)  
Email: [admin@youthaccess.org.uk](mailto:admin@youthaccess.org.uk)  
Telephone: 020 8772 9900

YoungMinds	Parents Helpline: 0808 802 5544 Website: <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>
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### Exam Stress Support / Education Support

Action for Children	Website: <a href="#">How do I help my child deal with exam stress? - Support for Parents from Action For Children</a>
The Mix	Helpline: 0808 808 4994 Website: <a href="#">The Mix - Essential support for under 25s</a>
MIND	Website: <a href="#">14 ways to beat exam stress   Mind, the mental health charity - help for mental health problems</a>
National Careers Service	Website: <a href="#">Careers advice - job profiles, information and resources   National Careers Service</a>
Samaritans	Website: <a href="#">Exam Stress   Coping Strategies   DEAL   Samaritans</a>

### Healthy Relationships

Disrespect Nobody	Website: <a href="#">[ARCHIVED CONTENT] Disrespect NoBody   Find out about healthy relationships, relationship abuse, consent and more. (nationalarchives.gov.uk)</a>
Reducing Parental Conflict (within the home)	Website: <a href="#">Nottshelpyourself</a> Website: <a href="#">Parent resource sign up (oneplusone.org.uk)</a>
The Mix	Helpline: 0808 808 4994 Website: <a href="#">The Mix - Essential support for under 25s</a>

### LGBTQ+ Support

Gender Identity Development Service	Website: <a href="#">Gender Identity Development Service - GIDS</a> Contact Number: 020 8938 2030 Email: <a href="mailto:gids@tavi-port.nhs.uk">gids@tavi-port.nhs.uk</a>
LGBT+ Nottinghamshire	Website: <a href="#">LGBT+ Service Nottinghamshire (lgbtplusnotts.org.uk)</a> Contact Number: 01909 479191 Text Service: 07761 500169 Email: <a href="mailto:info@lgbtplusnotts.org.uk">info@lgbtplusnotts.org.uk</a>
Mermaids	Website: <a href="#">Homepage - Mermaids (mermaidsuk.org.uk)</a> Contact Number: 0808 801 0400 Text Service: 85258
ThinkUKnow	Website: <a href="#">Supporting LGBTQ+ young people online (thinkuknow.co.uk)</a>
Stonewall	Helpline: 0800 050 2020 Website: <a href="#">Stonewall</a>
Switchboard	Helpline: 0300 330 0630

Website: [Switchboard LGBT+ Helpline](#)

## Mental Health

Calm Harm - APP	Website: <a href="#">Home - Calm Harm App</a>
Child and Adolescent Mental Health Service (CAMHS)	Contact Number: 0115 8542 299 Email: <a href="mailto:CAMHSSPA@nottshc.nhs.uk">CAMHSSPA@nottshc.nhs.uk</a> Crisis Team Number for Urgent Assistance: 0115 844 0560 APP Resources: <a href="#">APPS   CAMHS Resources (camhs-resources.co.uk)</a>
KOOTH	Website: <a href="http://www.kooth.com">www.kooth.com</a>
MIND	Helpline: 0300 123 3393 Website: <a href="http://www.mind.org.uk">www.mind.org.uk</a> Email: <a href="mailto:info@mind.org.uk">info@mind.org.uk</a>
The Mix	Helpline: 0808 808 4994 Website: <a href="#">The Mix - Essential support for under 25s</a>
Nottinghamshire Talking Therapies	Website: <a href="https://notts-talk.co.uk/">https://notts-talk.co.uk/</a> Email: <a href="mailto:notts.iapt.admin@notts-talk.co.uk">notts.iapt.admin@notts-talk.co.uk</a> Contact Number: 0333 188 1060 (Mon-Fri 8am-8pm / Sat 9am-12:30pm)
NottAlone	Website: <a href="http://www.nottalone.org.uk">www.nottalone.org.uk</a>
Papyrus (Suicide Prevention)	Helpline: 0800 068 4141 (everyday 9am until midnight) Text Number: 0786 003 9967 (everyday 9am until midnight) Website: <a href="#">Papyrus UK Suicide Prevention   Prevention of Young Suicide (papyrus-uk.org)</a> Email: <a href="mailto:pat@papyrus-uk.org">pat@papyrus-uk.org</a>
Rethink	Website: <a href="#">Rethink Mental Illness</a> Email: <a href="mailto:advice@rethink.org">advice@rethink.org</a> Helpline: 0808 801 0525 (Monday to Friday 09:30 until 16:00)
Samaritans	Website: <a href="#">Samaritans   Every life lost to suicide is a tragedy   Here to listen</a> Helpline: 116 123
SAM (Self-help APP for the Mind)	Website: <a href="#">Self-help App for the Mind (SAM)   Self-help App for the Mind (SAM) (mindgarden-tech.co.uk)</a>
Stop.Breathe.Think	Website: <a href="#">Home - Stop.Breathe.Think (stopbreathethink.org.uk)</a> Email for parents/carers: <a href="mailto:admin@stopbreathethink.org.uk">admin@stopbreathethink.org.uk</a> 24/7 contact details for young people: text <b>Breathe</b> to <b>85258</b>
stem4	Website: <a href="http://www.stem4.org.uk">www.stem4.org.uk</a>
Tomorrow Project	Website: <a href="#">Home - Tomorrow Project</a> Email: <a href="mailto:tomorrow@harmless.org.uk">tomorrow@harmless.org.uk</a>
YoungMinds	Parents Helpline: 0808 802 5544 Website: <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>

<b>Mindfulness and Meditation</b>	
Headspace – MOBILE APP	Website: <a href="#">Meditation and Sleep Made Simple - Headspace</a>
Mind Full	Website: <a href="http://www.mindful.org">www.mindful.org</a>
Stop, Breathe and Think	MOBILE APP

<b>Online Safety</b>	
Child Exploitation and Online Protection (CEOP)	Website: <a href="https://www.ceop.police.uk/safety-centre/">https://www.ceop.police.uk/safety-centre/</a>
Cyber Choices	Website: <a href="#">Cyber Choices - National Crime Agency</a> Website: <a href="#">Welcome - Cyber Games UK</a>
Cyber Security Checklist	Website: <a href="https://www.eastmidlandscybersecure.co.uk/nottinghamshire">https://www.eastmidlandscybersecure.co.uk/nottinghamshire</a>
Internet Watch Foundation (supporting parents remove explicit images from the internet)	Website: <a href="#">Homepage   Internet Watch Foundation (iwf.org.uk)</a>
Reporting Cyber Fraud	Website: <a href="#">Action Fraud</a>
The Mix	Helpline: 0808 808 4994 Website: <a href="#">The Mix - Essential support for under 25s</a>
ThinkUKnow	Website: <a href="#">Thinkuknow - home</a>

<b>Overall Family Support</b>	
Broxtowe Children’s Centres	Email for referrals and enquires: <a href="mailto:cc.broxtowe@nottsc.gov.uk">cc.broxtowe@nottsc.gov.uk</a>
Early Help Unit	Contact Number: 01623 433 500 Email: <a href="mailto:early.help@nottsscc.gcsx.gov.uk">early.help@nottsscc.gcsx.gov.uk</a>
Family Lives	Website: <a href="http://www.bullying.co.uk">www.bullying.co.uk</a> Email: <a href="mailto:askus@familylives.org.uk">askus@familylives.org.uk</a> Helpline: 0808 800 2222
Family Rights Group	Website: <a href="#">Helping families Helping children - Family Rights Group</a> Advice Line: 0808 801 0366
Kinship Support Services	Website: <a href="#">Kinship support service   Nottinghamshire County Council</a> Email: <a href="mailto:kinshippupport@nottsc.gov.uk">kinshippupport@nottsc.gov.uk</a> Contact Number: 0115 804 1407 Out of Hours Contact Number: 0800 085 8995
Maggie’s (Support for Children and Families Dealing with Cancer)	Website: <a href="http://www.maggies.org">www.maggies.org</a> Contact Number: 0015 924 6210

National Family Mediation	Website: <a href="#">National Family Mediation Service   We Help Families In Conflict</a> Helpline: 0300 4000 636
NSPCC	Website: <a href="#">NSPCC   The UK children's charity   NSPCC</a> Email: <a href="mailto:help@nspcc.co.uk">help@nspcc.co.uk</a> Free Helpline: 0808 800 5000 (Monday to Friday 10am – 8pm)
Prison Advice and Care Trust (PACT)	Website: <a href="#">Home - Prison Advice and Care Trust</a> Freephone: 0808 808 2003

### **Overall Health/Support**

Both Parents Matter	Website: <a href="#">Home   Both Parents Matter</a> Email: <a href="mailto:admin@fnf.org.uk">admin@fnf.org.uk</a> Helpline: 0300 0300 363
Child / Adolescent to Parent Violence and Abuse (CAPVA)	Website: <a href="#">Directory   Respect Young People's Service</a>
Family Lives	Website: <a href="#">Parenting and Family Support   Family Lives</a> Email: <a href="mailto:askus@familylives.org.uk">askus@familylives.org.uk</a> Freephone: 0808 800 2222
Healthy Family Teams Contact Details	Website: <a href="http://www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams">www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams</a> Advice Line: 0300 123 3387 (option 4) Parent line: 07520 619919 (text only) Chat Health: 07507 329952 (text only) Family Nurse Partnership: 01623 484829
Health for Teens	Contact Number: 07507 329952 (text only, 11-19 year olds) Website: <a href="http://www.healthforteens.co.uk">www.healthforteens.co.uk</a>
Cerebra - Sleep Advice Service	Website: <a href="#">Sleep Advice Service - Cerebra</a>
The Mix	Helpline: 0808 808 4994 Website: <a href="#">The Mix - Essential support for under 25s</a>
SHIELD (NTU programme to support young identify and understand issues that may be impacting on their education)	Website: <a href="#">Information for young learners   Nottingham Trent University</a> (referral to be made by school)
Your Health Notts	Website: <a href="#">Home - Your Health Nottinghamshire (yourhealthnotts.co.uk)</a> Contact Number: 0115 772 2515

### **Radicalisation Concerns**

Acting Early (Prevent Radicalisation and Extremism)	Website: <a href="https://actearly.uk/">https://actearly.uk/</a>
Prevent	Website: <a href="#">Prevent   Nottinghamshire Police</a>



	Contact Number: 101 (extension 8002963 or 8002965) Email: <a href="mailto:prevent@nottinghamshire.pnn.police.uk">prevent@nottinghamshire.pnn.police.uk</a>
<b>Support for students with terminally ill family members</b>	
Hope Support	Contact Number: 01989 566317 Website: <a href="#">How Hope helps – Hope Support Services</a>
Marie Curie	Contact Number: 0800 090 2309 Website: <a href="http://www.mariecurie.org.uk/support">www.mariecurie.org.uk/support</a>
MacMillan Cancer Support	Website: <a href="#">A guide for young people who look after someone with cancer - Macmillan Cancer Support</a>
Maggie's (Support for Children and Families Dealing with Cancer)	Website: <a href="http://www.maggies.org">www.maggies.org</a> Contact Number: 0115 924 6210

<b>School Refusers</b>	
Action for Children	Website - <a href="#">What is school refusal and what can I do about it? (actionforchildren.org.uk)</a>

<b>Self-Harm</b>	
Harmless	Website: <a href="http://www.harmless.org.uk">www.harmless.org.uk</a> Referral form: <a href="#">Support Available - Harmless</a> Out of hours referral from (out of hours sessions take place in East Leake on Thursday evenings between 6pm-11pm): <a href="https://docs.google.com/forms/d/e/1FAIpQLSdcluJ_OVIVJGc3MgtI6Afod4_US8Ur3GUIW37sL7I-JWbM-JA/viewform?usp=sf_link">https://docs.google.com/forms/d/e/1FAIpQLSdcluJ_OVIVJGc3MgtI6Afod4_US8Ur3GUIW37sL7I-JWbM-JA/viewform?usp=sf_link</a> Contact number: 0115 880 0280 Email: <a href="mailto:info@harmless.org.uk">info@harmless.org.uk</a>
stem4	Website: <a href="http://www.stem4.org.uk">www.stem4.org.uk</a>

<b>SEN Support</b>	
Action for Children	Website: <a href="#">Additional needs and disabilities - Support for Parents from Action For Children</a>
ADDiSS (ADHD Information Services)	Website: <a href="#">ADDISS</a> Contact Number: 020 8952 2800 Email: <a href="mailto:info@addiss.co.uk">info@addiss.co.uk</a>
Autism East Midlands	Website: <a href="#">Providing help and support to autistic people...   Autism East Midlands</a> Email: <a href="mailto:enquiries@aem.org.uk">enquiries@aem.org.uk</a> Contact Number: 01909 506 678
Contact	Website: <a href="#">Contact: the charity for families with disabled children</a> Email: <a href="mailto:helpline@contact.org.uk">helpline@contact.org.uk</a> Free Helpline: 0808 808 3555

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<b>Sexual Abuse/Harassment Support</b>	
ChildLine (Support for Professionals)	Helpline: 0808 800 5000
Disrespect Nobody	Website: <a href="#">[ARCHIVED CONTENT] Disrespect NoBody   Find out about healthy relationships, relationship abuse, consent and more. (nationalarchives.gov.uk)</a>
IMARA Support	Website: <a href="http://www.imara.org.uk">www.imara.org.uk</a> Contact Number: 0800 183 0023 Email: <a href="mailto:info@imara.org.uk">info@imara.org.uk</a>
Lucy Faithfull Foundation	Website: <a href="#">Lucy Faithfull Foundation - Preventing child sexual abuse</a> Free Help Line: 0808 1000 900
Rape Crisis	Helpline: 0808 802 9999 Website: <a href="#">Home   Rape Crisis England &amp; Wales</a>
Shore	Website: <a href="#">Home - Shore</a>
Stop it now	Website: <a href="#">Stop It Now - Preventing child sexual abuse</a> Contact Number: 0808 100 090
Survivor's Trust	Helpline: 0808 801 0818 Website: <a href="#">The Survivors Trust</a>
Talking Forward (providers support for those impacted by family members who are accused of an online sexual offence)	Website: <a href="#">Talking Forward. Peer support after the knock. Leeds and wide.</a> Email: <a href="mailto:info@talkingforward.co.uk">info@talkingforward.co.uk</a>
ThinkUKnow	Website: <a href="#">Thinkuknow - home</a>
We Stand	Website: <a href="#">We Stand</a> Email: <a href="mailto:support@westand.org.uk">support@westand.org.uk</a> Free Helpline: 0800 980 1958

<b>Urgent Safeguarding Concerns</b>	
Dealing with a disclosure advice (professionals only)	<a href="#">DSL Thematic Focus Group Child Abuse Disclosures.docx (sharepoint.com)</a>
MASH	Contact Number: 0300 500 8090 Duty Team County – 0300 5008080 County out of hours – 0300 4564546 Online Referral Form: <a href="#">Report a new concern about a child   Nottinghamshire County Council</a> Moira Cordon (School Advisor): 0115 804 2525
MARF	Contact Number: 0115 876 4800 Duty Team City – 0115 8764800

	Referral form email: <a href="mailto:candfdirect@nottinghamcity.gov.uk">candfdirect@nottinghamcity.gov.uk</a> Consultation Line: 07711 189544
NSPCC advice for professionals before making a referral	Website: <a href="#">How to Report Child Abuse Without Any Worries   NSPCC</a>
Starting Point (Derbyshire MASH (Multi Agency Safeguarding Hub))	Contact Number: 01629 533190 Online Referral Form: <a href="#">Starting Point contact and referral service - Derbyshire County Council</a> Advice Line: 01629 535353

### **Victim Support**

Remedi	Website: <a href="#">What We Do: Victim Services   Remedi (remediuk.org)</a> Email: <a href="mailto:rj@remediuk.org">rj@remediuk.org</a> Contact Number: 0114 253 6669
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### **Young Carers**

MacMillan Cancer Support	Website: <a href="#">A guide for young people who look after someone with cancer - Macmillan Cancer Support</a>
Maggie's (Support for Children and Families Dealing with Cancer)	Website: <a href="http://www.maggies.org">www.maggies.org</a> Contact Number: 0015 924 6210
Nottinghamshire Young Carers Service	Helpline: 0300 500 8080 Email: <a href="mailto:enquiries@nottsc.gov.uk">enquiries@nottsc.gov.uk</a>
Young Carers Community (Young Carers Assessment)	Contact Number: 01623 433 500 Email: <a href="mailto:early.help@nottsc.gcsx.gov.uk">early.help@nottsc.gcsx.gov.uk</a>
Young Carers Notts (Identification and Supporting)	Website: <a href="#">HOME   Young Carers Notts</a> Contact Number: 0115 824 8824 Email: <a href="mailto:youngcarers@tuvida.org">youngcarers@tuvida.org</a>