

Alcohol, Drug and Substance Misuse – including vaping

Change, Grow, Live (CGL)

Helpline: 01623 703 373

Website: <https://www.changegrowlive.org/>

Email: nottsyp.admin@cgl.org.uk

Talk to Frank

Helpline: 0300 123 6600

Website: [Honest information about drugs | FRANK \(talktofrank.com\)](https://www.talktofrank.com)

The Mix

Helpline: 0808 808 4994

Website: [The Mix - Essential support for under 25s](https://www.themix.org.uk)

The Place

Helpline: 0115 948 4314

Website: [JIGSAW - Nottingham | Change Grow Live](https://www.theplace.org.uk)

Email: jigsaw@cgl.org.uk

Smoke Free Teen (quit vaping)

Website: [Quit Vaping | Smokefree Teen](https://www.smokefree.org.uk)

Stem4

Website: [Addiction - stem4](https://www.stem4.org.uk)

Bereavement

Child Bereavement UK

Website: [Child Bereavement UK](https://www.childbereavementuk.org) (includes live chat)

Helpline: 0800 02 888 40

Email: helpline@childbereavementuk.org

Referral Information: [Make A Referral | Children's Bereavement Centre \(childrensbereavementcentre.co.uk\)](https://www.childrensbereavementcentre.co.uk)

Cruse

Helpline: 0808 808 1677

Website: www.cruse.org.uk

Email: nottinghamshire@cruse.org.uk

Grief Encounter

Email: griefftalk@griefencounter.or.uk

Contact Number: 0808 802 0111 (weekdays 9am – 9pm)

Winston's Wish

Helpline: 0808 802 021

Website: www.winstonswish.org

Bullying Support

Action for Children

Website: [My child is being bullied - Support for Parents from Action For Children](https://www.actionforchildren.org.uk)

YoungMinds

Parents Helpline: 0808 802 5544

Website: [Bullying \(youngminds.org.uk\)](https://www.youngminds.org.uk)

Criminal and Sexual Exploitation Support

Fearless

Website: [Home - Fearless](https://www.fearless.org.uk)

STEP (Safeguarding Against Trafficking and Exploitation Project)

Website: [STEP \(Safeguarding against Trafficking and Exploitation Project\) – POW Nottingham \(pow-advice.org.uk\)](https://www.pow-advice.org.uk)

Email: admin@pow-advice.co.uk

Contact Number: 0115 934 9992

Victim Support (Crime Focuses)

Helpline: 0808 168 9111

Website: [Children and young people - Victim Support](https://www.victim-support.org.uk)

Domestic Abuse

Broxtowe Women's Project (BWP)

Contact Number: 01773 719111

Text Service: 07914 634 190

Website: www.broxtowewomensproject.org.uk

Equation

Contact Number: 0115 962 3237

Website: www.equation.org.uk

Email: info@equation.org.uk

Evolution+ (Base 51) (support for young people affected by serious violence)

Referral email address: evolution@base51.org.uk

Referral phone number: 0115 952 5040

Website: <https://www.base51.org/evolution>

JUNO Women's Aid

Website: [Contact Us - Nottinghamshire Women's Aid \(nottswa.org\)](https://www.nottswa.org)

Helpline: 0808 800 0340 (24hrs)

General Enquiries: 01909 491330

Referral Phone Number: 0115 947 6490

Office Phone Number: 0115 947 5257

Email: enquiries@junowomensaid.org.uk / enquires@nottswa.org

Eating Disorders

Action for Children

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

Emotional Health and Wellbeing

Actions for Children

Website: [Mental health and wellbeing - Support for Parents from Action For Children](https://www.actionsforchildren.org.uk/mental-health-wellbeing/support-for-parents)

Be U Notts

Website: <https://www.beusupport.co.uk>

Phone: 0115 708 0008

For referral forms email Stuart Stokes on s.stokes@ablhealth.co.uk (Referrals can be made by the young person, a parent/carer or a professional)

CASY

Website: [Homepage - CASY](https://www.casy.org.uk)

Childline

Website: [Childline | Childline](https://www.childline.gov.uk) (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

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

Email: info@mind.org.uk

Mindshift – MOBILE APP

NSPCC (Building Connections – Tackling Loneliness)

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

OCC Youth

E-Helpline: 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 \(stopbreathethink.org.uk\)](http://stopbreathethink.org.uk)

Email for parents/carers: admin@stopbreathethink.org.uk

24/7 contact details for young people: text **Breathe** to **85258**

stem4

Website: www.stem4.org.uk

Stress Tips – MOBILE APP

YoungMinds

Parents Helpline: 0808 802 5544

Website: www.youngminds.org.uk

Exam Stress Support

Action for Children

Website: [How do I help my child deal with exam stress? - Support for Parents from Action For Children](#)

The Mix

Helpline: 0808 808 4994

Website: [The Mix - Essential support for under 25s](#)

MIND

Website: [14 ways to beat exam stress | Mind, the mental health charity - help for mental health problems](#)

Samaritans

Website: [Exam Stress | Coping Strategies | DEAL | Samaritans](#)

Healthy Relationships

Disrespect Nobody

Website: [\[ARCHIVED CONTENT\] Disrespect NoBody | Find out about healthy relationships, relationship abuse, consent and more. \(nationalarchives.gov.uk\)](#)

Reducing Parental Conflict (within the home)

Website: [Nottshelpyourself](#)

Website: [Parent resource sign up \(oneplusone.org.uk\)](#)

The Mix

Helpline: 0808 808 4994

Website: [The Mix - Essential support for under 25s](#)

LGBTQ+ Support

Gender Identity Development Service

Website: [Gender Identity Development Service - GIDS](#)

Contact Number: 020 8938 2030

Email: gids@tavi-port.nhs.uk

LGBT+ Nottinghamshire

Website: [LGBT+ Service Nottinghamshire \(lgbtplusnotts.org.uk\)](#)

Contact Number: 01909 479191

Text Service: 07761 500169

Email: info@lgbtplusnotts.org.uk

Mermaids

Website: [Homepage - Mermaids \(mermaidsuk.org.uk\)](#)

Contact Number: 0808 801 0400

Text Service: 85258

ThinkUKnow

Website: [Supporting LGBTQ+ young people online \(thinkuknow.co.uk\)](#)

Stonewall

Helpline: 0800 050 2020

Website: [Stonewall](#)

Switchboard

Helpline: 0300 330 0630

Website: [Switchboard LGBTQ+ Helpline](#)

Mental Health

Calm Harm - APP

Website: [Home - Calm Harm App](#)

Child and Adolescent Mental Health Service (CAMHS)

Contact Number: 0115 8542 299

Email: CAMHSSPA@nottshc.nhs.uk

Crisis Team Number for Urgent Assistance: 0115 844 0560

APP Resources: [APPS | CAMHS Resources \(camhs-resources.co.uk\)](#)

KOOTH

Website: www.kooth.com

MIND

Helpline: 0300 123 3393

Website: www.mind.org.uk

Email: info@mind.org.uk

The Mix

Helpline: 0808 808 4994

Website: [The Mix - Essential support for under 25s](#)

Nottinghamshire Talking Therapies

Website: <https://notts-talk.co.uk/>

Email: notts.iapt.admin@notts-talk.co.uk

Contact Number: 0333 188 1060 (Mon-Fri 8am-8pm / Sat 9am-12:30pm)

NottAlone

Website: www.nottalone.org.uk

Papyrus (Suicide Prevention)

Helpline: 0800 068 4141 (everyday 9am until midnight)

Text Number: 0786 003 9967 (everyday 9am until midnight)

Website: [Papyrus UK Suicide Prevention | Prevention of Young Suicide \(papyrus-uk.org\)](#)

Email: pat@papyrus-uk.org

SAM (Self-help APP for the Mind)

Website: [Self-help App for the Mind \(SAM\) | Self-help App for the Mind \(SAM\) \(mindgarden-tech.co.uk\)](#)

Stop.Breathe.Think

Website: [Home - Stop.Breathe.Think \(stopbreathethink.org.uk\)](http://Home-Stop.Breathe.Think(stopbreathethink.org.uk))

Email for parents/carers: admin@stopbreathethink.org.uk

24/7 contact details for young people: text **Breathe** to **85258**

stem4

Website: www.stem4.org.uk

Tomorrow Project

Website: [Home - Tomorrow Project](#)

Email: tomorrow@harmless.org.uk

YoungMinds

Parents Helpline: 0808 802 5544

Website: www.youngminds.org.uk

Mindfulness and Meditation

Headspace – MOBILE APP

Website: [Meditation and Sleep Made Simple - Headspace](#)

Mind Full

Website – www.mindful.org

Stop, Breathe and Think – MOBILE APP

Online Safety

Child Exploitation and Online Protection (CEOP)

Website: <https://www.ceop.police.uk/safety-centre/>

Cyber Choices

Website: [Cyber Choices - National Crime Agency](#)

Website: [Welcome - Cyber Games UK](#)

Cyber Security Checklist

Website: <https://www.eastmidlandscybersecure.co.uk/nottinghamshire>

Internet Watch Foundation (supporting parents remove explicit images from the internet)

Website: [Homepage | Internet Watch Foundation \(iwf.org.uk\)](#)

Reporting Cyber Fraud

Website: [Action Fraud](#)

The Mix

Helpline: 0808 808 4994

Website: [The Mix - Essential support for under 25s](#)

ThinkUKnow

Website: [Thinkuknow - home](#)

Overall Family Support

Broxtowe Children's Centres

Email for referrals and enquires: cc.broxtowe@nottsc.gov.uk

Early Help Unit

Contact Number: 01623 433 500

Email: early.help@nottsc.gov.uk

Family Lives

Website: www.bullying.co.uk

Email: askus@familylives.org.uk

Helpline: 0808 800 2222

Kinship Support Services

Website: [Kinship support service | Nottinghamshire County Council](#)

Email: kinshippupport@nottsc.gov.uk

Contact Number: 0115 804 1407

Maggie's (Support for Children and Families Dealing with Cancer)

Website: www.maggies.org

Contact Number: 0015 924 6210

Overall Health

Healthy Family Teams Contact Details

Website: www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams

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: www.healthforteens.co.uk

Cerebra - Sleep Advice Service

Website: [Sleep Advice Service - Cerebra](#)

The Mix

Helpline: 0808 808 4994

Website: [The Mix - Essential support for under 25s](#)

Your Health Notts

Website: [Home - Your Health Nottinghamshire \(yourhealthnotts.co.uk\)](#)

Contact Number: 0115 772 2515

Radicalisation Concerns

Acting Early (Prevent Radicalisation and Extremism)

Website: <https://actearly.uk/>

Prevent

Website: [Prevent Duty - Nottingham City Council](#)

Contact Number: 101 (extension 8002963 or 8002965)

Email: prevent@nottinghamshire.pnn.police.uk

Support for students with terminally ill family members

Hope Support

Contact Number: 01989 566317

Website: [How Hope helps – Hope Support Services](#)

Marie Curie

Contact Number: 0800 090 2309

Website: www.mariecurie.org.uk/support

MacMillan Cancer Support

Website: [A guide for young people who look after someone with cancer - Macmillan Cancer Support](#)

Maggie's (Support for Children and Families Dealing with Cancer)

Website: www.maggies.org

Contact Number: 0015 924 6210

School Refusers

Action for Children

Website - [What is school refusal and what can I do about it? \(actionforchildren.org.uk\)](#)

Self-Harm

Harmless

Website: www.harmless.org.uk

Out of hours referral from (out of hours sessions take place in East Leake on Thursday evenings between 6pm-11pm): https://docs.google.com/forms/d/e/1FAIpQLSdKluJ_OVIVJGc3Mgtl6Afod4US8Ur3GUIW37sL7l-JWbM-JA/viewform?usp=sf_link

Contact number: 0115 880 0280

Email: info@harmless.org.uk

stem4

Website: www.stem4.org.uk

SEN Support

Action for Children

Website: [Additional needs and disabilities - Support for Parents from Action For Children](#)

ADDiSS (ADHD Information Services)

Website: [ADDiSS](#)

Contact Number: 020 8952 2800

Email: info@addiss.co.uk

Autism East Midlands

Website: [Providing help and support to autistic people... | Autism East Midlands](#)

Email: enquiries@aem.org.uk

Contact Number: 01909 506 678

Small Steps Nottinghamshire (NHS)

Contact Number: 01623 672 152 / 07966 528 940

Sexual Abuse/Harassment Support

ChildLine (Support for Professionals)

Helpline: 0808 800 5000

Disrespect Nobody

Website: [\[ARCHIVED CONTENT\] Disrespect NoBody | Find out about healthy relationships, relationship abuse, consent and more. \(nationalarchives.gov.uk\)](#)

IMARA Support

Website: www.imara.org.uk

Contact Number: 0800 183 0023

Email: info@imara.org.uk

Rape Crisis

Helpline: 0808 802 9999

Website: [Home | Rape Crisis England & Wales](#)

Survivor's Trust

Helpline: 0808 801 0818

Website: [The Survivors Trust](#)

ThinkUKnow

Website: [Thinkuknow - home](#)

Urgent Safeguarding Concerns

Dealing with a disclosure advice (professionals only)

[DSL Thematic Focus Group Child Abuse Disclosures.docx \(sharepoint.com\)](#)

MASH

Contact Number: 0300 500 8090

Duty Team County – 0300 5008080

County out of hours – 0300 4564546

Online Referral Form: [Report a new concern about a child | Nottinghamshire County Council](#)

Moira Cordon (School Advisor): 0115 804 2525

MARF

Contact Number: 0115 876 4800

Duty Team City – 0115 8764800

Referral form email: candfdirect@nottinghamcity.gov.uk

Consultation Line: 07711 189544

NSPCC advice for professionals before making a referral

Website: [How to Report Child Abuse Without Any Worries | NSPCC](#)

Starting Point (Derbyshire MASH (Multi Agency Safeguarding Hub))

Contact Number: 01629 533190

Online Referral Form: [Starting Point contact and referral service - Derbyshire County Council](#)

Advice Line: 01629 535353

Victim Support

Remedi

Website: [What We Do: Victim Services | Remedi \(remediuk.org\)](https://www.remediuk.org)

Email: rj@remediuk.org

Contact Number: 0114 253 6669

Young Carers

MacMillan Cancer Support

Website: [A guide for young people who look after someone with cancer - Macmillan Cancer Support](#)

Maggie's (Support for Children and Families Dealing with Cancer)

Website: www.maggies.org

Contact Number: 0015 924 6210

Nottinghamshire Young Carers Service

Helpline: 0300 500 8080

Email: enquiries@nottsc.gov.uk

Young Carers Community (Young Carers Assessment)

Contact Number: 01623 433 500

Email: early.help@nottsc.gcsx.gov.uk

Young Carers Notts (Identification and Supporting)

Website: [HOME | Young Carers Notts](#)

Contact Number: 0115 824 8824

Email: youngcarers@tuvida.org

Young Carers Transition Project

Contact details: Naomi Sykes 0115 9629 335

Email: n.sykes@carersfederation.co.uk