

Signposting directory

Contact details for services and organisations for young people and their families



Enclosed in this booklet are services and organisations that offer support for young people and their families in the Nottinghamshire area, that you may find useful.

**If you or the young person require urgent support,
please contact the CAMHS Crisis team on: -**

0808 196 3779 option1.

**The team are on call 24 hours a day, 7 days a week and
you will be able to speak to a clinician.**



A Place To Call Our Own (APTCOO)

A Place to Call Our Own (APTCOO) is a charity providing a range of high-quality support services, to empower families with a diagnosis of or with suspected autism, ADHD and SEND and will be able to offer support, to promote wellbeing and mental health, and help him better understand young people's diagnosis. You can make a referral to APTCOO, and the contact details for the service are as follows:

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

Email: enquiries@aptcoo.org

Telephone: Head Office — 01623 629 902

Bassetlaw support line — 07395 013 295



ADDISS—Attention Deficit Disorder Information and Support Service

ADDISS provides people-friendly information and resources about Attention Deficit Hyperactivity Disorder to anyone who needs assistance—parents, sufferers, teachers or health professionals.

Telephone: 020 8952 2800

Email: info@addiss.co.uk

Website: <http://www.addiss.co.uk/index.html>



Anxiety Canada

This website is designed to help parents and their anxious children. Here, you will find practical strategies and tools to help you manage your child's anxiety, whether your child is just beginning to show symptoms, or has been diagnosed with an anxiety disorder.

Website: [Contact Us | Anxiety Canada](#)



YoungMinds

Website: <https://www.youngminds.org.uk/>

Textline: You can get free support by texting YM to 85258

Support for parents: you or parents/carers can get support via:-
Parents Helpline – 0808 802 5544 (Monday – Friday; 9:30AM – 4PM)
Webchat service – available via the YoungMinds website, Monday – Friday; 9:30AM – 4PM



Your Health Notts

Telephone : 0115 772 2515 (Mon-Fri 9am-5pm)

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

They are here to help all residents of Nottinghamshire (*excluding Nottingham city) get more active, eat healthier, manage your weight, drink less alcohol and stop smoking. They offer realistic and practical support for people to make life long healthy behaviour changes.



Tomorrow Project

Tomorrow Project is a Nottinghamshire-based organisation advice and support to individuals who are experiencing suicidal thoughts or have been affected by suicide, and their contact details are as follows:

Text: 0780 0002606

Email: crisistext@tomorrowproject.org.uk



Voice Collective

Website: <http://www.voicecollective.co.uk/>

Email: info@voicecollective.co.uk

Telephone: 020 7911 0822



Winstons Wish

Winston's Wish is a national service, that supports bereaved children, young people, their families and the professionals who support them. They offer both 1-2-1 counselling discussing themes of bereavement and the impact; sessions are led by the young person and Group work online for peer support.

Telephone: 08088 020 021 (Monday-Friday 8am-8pm)

Email: ask@winstonwish.org

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



ARNA Pathway

Schools in Nottinghamshire have developed the ARNA (anxiety-related non-attendance) pathway, to help support children and families who are finding attending school difficult. parent/carers can find further information about the pathway on the Notts Help Yourself website and recommend liaising with a key worker from school.

Website: <https://www.nottshelpyourself.org.uk/kb5/nottinghamshire/directory/advice.page?id=88iXDprl5gk>

Ask Us Nottinghamshire

The service offers information and support for families in Nottinghamshire and offers one-to-one support for complex issues including education, EHCPs and health and social issues. Further information about the service is available on their website and their contact details are as follows:

Website: <https://askusnotts.org.uk/>

Telephone: 0800 121 7772



Autism East Midlands

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

Email: enquiries@aem.org.uk

Telephone: 01909 506 678



Be U Notts

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

Telephone: 0115 708 0008

Referrals: parents/carers can make a self-referral by completing their form, which is available at: [Referral Form \(mayden.co.uk\)](https://www.beusupport.co.uk/referral-form)

Be U Notts is a free, accessible and convenient mental health and emotional wellbeing support service for people between 0-25 years of age and their parent and carers.

Calm Harm

Calm Harm is an award-winning app, designed to help children and young people resist and manage the urge to self-harm. The app is available to download for free from both the Apple App Store and the Google Play Store, and further information about the app is available their website.

Website: <https://calmharm.co.uk/>

CASY Counselling

Website: <https://www.casy.org.uk/>

Telephone: 01636 704 620

Email: office@casy.org.uk



Cerebra – Sleep Service

Website: <https://cerebra.org.uk/get-advice-support/sleep-advice-service/>

Sleep Guide: <https://cerebra.org.uk/download/sleep-a-guide-for-parents/>



The Family Service

The family service provides targeted early help support for families with worries, concerns, behaviours and conflict to help resolve significant problems.

Telephone: 0115 804 1248

The Family Service / Early Help unit

The service prefers referrals to be made by a professional via an Early Help Assessment Form (EHAF), which can be completed by a key worker from the young person's school on their behalf. Alternatively, parents/carers can call the number below for advice.

Tel: 0115 804 1248

Email: early.help@nottscg.gov.uk

The Healthy Family Team

The Healthy Family Team will be able to work with young people on a one to one basis, to help with the anxieties, low mood, self-esteem they have been experiencing/ displaying.

Telephone: 0300 123 5436

Website: [Healthy Family Teams are part of the Healthy Families Programme | Nottinghamshire Healthcare NHS Foundation Trust](https://www.healthylfamilies.org.uk/)

Chat Health: TEXT ONLY – 07507 329952 (a text messaging service for young people aged 11-19, where the young person can get confidential advice from the team)

Parentline: TEXT ONLY – 07520 619919 (a text messaging service for parents/carers, where parents/carers can get confidential advice from the team)

Schools and Families Specialist Services (SFSS)

Telephone: For the Early Years SFSS & the Sensory Team:

Telephone: 0115 804 1232

For the Communication & Interaction and the Cognition & Learning:
Telephone: 0115 854 6464

Shout

Shout offers a free, confidential support via text message for anyone who is having difficulties with their mental health and will be able to offer 24/7 support, to help with the anxiety and low mood they have been experiencing.

Website: giveusashout.org

Email: info@giveusashout.org

Text: Text "SHOUT" to 82528



Sibs

Sibs exists to support people who grow up with or have grown up with a disabled brother or sister. It is the only UK charity representing the needs of over half a million young siblings and over one and a half million adult siblings. Website: [Home - Sibs](#)



TalkZone

Referrals: The young person can make a self-referral to the service by completing the form available at <http://www.talkzone.org.uk/selfref.htm> Parents/carers can make a referral on the young person's behalf by completing the form available at <http://www.talkzone.org.uk/proref.htm>

Email: info@talkzone.org.uk

Telephone: 0300 555 5582/ 0300 300 0033

Change. Grow. Live.

Change. Grow.Live is a national charity who can help you with challenges including drugs and alcohol, housing, justice health and wellbeing.

Website: <https://www.changegrowlive.org/nottinghamshire>
<https://www.changegrowlive.org/nottinghamshire/children-young-people>

Email: nottsyadmin@cgl.org.uk

Telephone: 0115 896 0798



Child Bereavement UK

Child Bereavement UK supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement.

Telephone: [0800 02 888 40](tel:08000288840)

Email: helpline@childbereavementuk.org



Childline

Website: www.childline.org.uk

Telephone: 0800 1111

One-to-one counsellor chat on: [1-2-1 counsellor chat | Childline](#)



Children's Bereavement Centre

Website: [Helping Children & Young People Through Trauma | Children's Bereavement Centre](http://HelpingChildren&YoungPeopleThroughTrauma.org.uk)
childrensbereavementcentre.co.uk

Email: info@childrensbereavementcentre.co.uk



Chill Panda

Chill Panda is a video game-based app, which help to reduce a child or young person is experiencing and improve their wellbeing. The app is available for young people to download from the Apple App Store or from Nintendo Switch, and further information is available on the Chill Panda website - <http://chillpanda.co.uk/>



Concerning Behaviours Pathway

The Concerning Behaviours Pathway has been developed by education, health and social care organisations to ensure that the reasons why a child or young person is displaying challenging or concerning behaviour are thoroughly explored, to ensure the right support is put in place. A key worker from the young person's school will be able to help you initiate the pathway and further information is available on the Nottinghamshire County Council.

Website: <https://www.nottinghamshire.gov.uk/care/childrens-social-care/nottinghamshire-children-and-families-alliance/concerning-behaviours-multi-agency-pathway>

Cruse Bereavement Care

Website: [Home - Cruse Bereavement Support](#)

Email: nottinghamshire@cruse.org.uk

Telephone: National helpline – 0808 808 1677



Equation

Equation is a Nottingham-based specialist charity that works with the whole community to reduce the impact of domestic abuse, sexual violence and gender inequality.

Telephone: 0115 9623 237

Email: info@equation.org.uk



Papyrus - Prevention of Young Suicide

Papyrus is a UK charity dedicated to the prevention of suicide and promotion of positive mental health and emotional wellbeing in young people. They believe that no young person should have to struggle alone.

Email: pat@papyrus-uk.org



Telephone: 0800 068 4141 (available everyday 9am to midnight)

Text: 07860 039967 (available everyday 9am to midnight)

Positive Support Group

When they work with children and young people, they use a five-stage process that has been specially developed by Positive Support Group. Consistently, it ensures lasting behaviour change, the right personalised support for a young client, and a better quality of life for all involved in the process.

For all referrals and/or enquiries please contact:

Email: referrals@positivesupportgroup.com

Website: <https://positivesupportgroup.com/contact-us>



Positive Penguins

This app can be used by parents or teachers to help children understand that their thoughts come from their own feelings, rather than from the situation, helping them become more resilient, happy and optimistic overall.

Sam App

The SAM app has been developed to help people monitor and manage their mental health and will be able to provide young people with techniques to address the anxiety they have been experiencing. Further information about app is available on their website.

Website: <https://mindgarden-tech.co.uk/>

Not Fine in School

Experiencing school attendance problems and barriers? Not Fine in School was created as a resource for the growing numbers of families with children experiencing school attendance barriers.

Website: <https://notfineinschool.co.uk/>



Nottinghamshire Talking Therapies

Website: [Nottinghamshire Talking Therapies \(notts-talk.co.uk\)](https://notts-talk.co.uk)

Telephone: 0333 188 1060 (Mon-Fri 8am-8pm & Sat 9am-12:30pm)

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

pause. talk. reset.

Nottinghamshire Women's Aid

Website: <https://nottswa.org/>

Email: enquiries@nottswa.org

24hr Helpline: 0808 800 0340

General Enquiries: 01909 491330



Notts help yourself

Notts Help Yourself - the place to find info and services for Nottinghamshire all in one place

Telephone: 0300 500 80 80

Website: [Nottshelpyourself](https://nottshelpyourself)

Family Service - Neurodevelopmental Support Team (NST)

Cygnets Parenting Support

The Cygnets Parenting Support Programme is for parents and carers of children and young people aged 5-18 with an autistic spectrum condition, and those with autistic behaviours without diagnosis. Parents of children on the autistic spectrum face the usual positive and difficult challenges of parenting and quite a few more. Attending Cygnets gives you an opportunity to develop your understanding of autism and look at practical solutions to support your child. You have one of two options;

Option 1 - Is delivered over six sessions face to face

Option 2 - Accesses the Barnardo's online platform plus two Microsoft Teams sessions with NST.

For the above courses, you will need to type the link below into your browser, or scan the QR code to the right, then complete and submit the online form. They will send you a list of available courses, usually within 7 days.

<https://tinyurl.com/NBSNotts>

Family Service - Neurodevelopmental Support Team (NST)

ADHD Support

There are two ADHD courses options for parents of a children with an ADHD diagnosis and those with ADHD type behaviours without diagnosis.

Option 1 - The New Forest Parenting Programme

Option 2 - The ADHD Workshop



Family Service - Neurodevelopmental Support Team (NST)

Education Transition Support Workshop

This workshop is delivered virtually in one two-hour session, 3 times a year. The Education Transition Support Workshop is for parents and carers to learn strategies to assist their children and young people with transitions in education.

Family Service - Neurodevelopmental Support Team (NST)

Sleep Tight Programme

The Sleep Tight programme aims to support parents/carers to help their children and young people to achieve a better night's sleep. It is an evidence-based programme and is regarded as the best and most affective approach to sleep management by professionals, including paediatricians. This is the first formal step in the health pathway.

For the above courses, you will need to type the link below into your browser, or scan the QR code to the right, then complete and submit the online form. They will send you a list of available courses, usually within 7 days.



<https://tinyurl.com/NBSworkshops>

Grief Encounter

Grief Encounter is a national service, that work closely with individuals, families, schools and professionals to offer a way through the anxiety, fear and isolation so often caused by grief.

Telephone: 0808 802 0111 (Weekdays 9am – 9pm)

Email: griefftalk@griefencounter.org.uk

Live chat on website: [Home SUPPORTING BEREAVED CHILDREN](#)

Mermaids

Mermaids supports transgender, nonbinary and gender diverse children, young people and their families across the country, and will be able to support young people as they explore their gender identity



Website: <https://mermaidsuk.org.uk/>

Telephone: 0808 801 0400 (available Monday to Friday, 9am to 9pm)

Text chat: You can text Mermaids to 85258 for free text support

Neurodevelopmental Behaviour Support Service – The Family Service (NST)

Referrals for ASD or ADHD assessments should be completed by either a key worker from the young person's school, or a member of the Healthy Family Team on their behalf (via a Getting To Know Me Form). For any support pre or post-diagnosis this can be accessed by calling the number below:

Website: <https://www.nottshelpyourself.org.uk/kb5/nottinghamshire/directory/service.page?id=MXWZStlJ1cc>

Email: familyservicenbs@nottsc.gov.uk (for enquiries)

Telephone: 0115 977 4238

NHS 5 Ways to Wellbeing

Mind, the mental health charity, and the NHS have developed the 5 ways to wellbeing, outlining 5 steps everyone can take, to help improved their mental and emotional health. Further information about the tool and how it could help young people is available on the NHS and Mind website.

Kinship Support Service

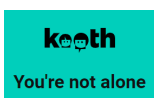
Website: [Kinship support service | Nottinghamshire County Council](#)

Telephone: 01158041407

Email: kinshipsupport@notscc.gov.uk

Kooth

Kooth is an online service offering free, anonymous counselling to children and young people. The young person can make a self-referral to the service by creating a free account on their website - <https://www.kooth.com/>



LGBT+ Nottinghamshire

Website: <https://www.lgbtplusnotts.org.uk/>

Email: info@lgbtplusnotts.org.uk

Telephone: 01909 479191

Text: 07761 500169

Referrals: Parent/carer or young person aged 13 + can make a self-referral to the service by completing the form available at <https://www.lgbtplusnotts.org.uk/selfref.htm>



Mental Health Support Team (MHST)

Website: <https://www.nottinghamshirehealthcare.nhs.uk/camhs-mental-health-support-teams>

Telephone: 0115 876 0167



Harmless

Harmless is a Nottinghamshire-based organisation which supports individuals who self-harm, as well as their family members and friends. The service offers specific support to children and young people and will be able to offer support to help develop alternative coping strategies. Further information about the organisation is available on their website, and their contact details are as follows:

Website: <https://harmless.org.uk/>

Telephone: 0115 880 0280

Email: info@harmless.org.uk



Headspace

Headspace is an NHS recommended app, which provides meditation and mindfulness tools, which can help address and reduce the anxiety young people have been experiencing and help improve their mental and emotional wellbeing. You can download the app for free from the Apple App Store or the Google Play Store and further information about the app is available on the Headspace website - <https://www.headspace.com/>

