







## Self Help Sheet:

	<p>Telephone: 0800 1111</p> <p>Website: <a href="http://www.childline.org.uk">www.childline.org.uk</a></p>
	<p>Website: <a href="http://www.samaritans.org.uk">www.samaritans.org.uk</a></p>
 <p>online counselling service</p>	<p>Website: <a href="http://www.kooth.com">www.kooth.com</a></p>
	<p>Telephone: 0800 068 4141</p> <p>Website: <a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a></p> <p>Email: <a href="mailto:pat@papyrus-uk.org">pat@papyrus-uk.org</a></p>
 <p>NHS support site for emotional wellbeing</p>	<p>Telephone: 07507 329952</p> <p>Website: <a href="http://www.healthforteens.co.uk">www.healthforteens.co.uk</a></p>
<p style="text-align: center;"><b>Own GP</b></p>	<p>Radcliffe - 0115 933 2948</p> <p>Cotgrave - 0115 896 9991</p> <p>Bingham - 0115 896 9991</p>
<p style="text-align: center;"><b>CAMHS Crisis Team</b></p>	<p>Work hours - 0115 844 0560</p> <p>6pm-10pm - 0115 969 1300</p> <p>(ask for CAMHS crisis team)</p>
 <p style="text-align: center;"><b>Head2Head</b></p> <p>Drug and Alcohol support (via CAMHS)</p>	<p>0115 956 0842</p> <p>Website: <a href="http://www.nottinghamshirehealthcare.nhs.uk/camhs-head-2-head-team">http://www.nottinghamshirehealthcare.nhs.uk/camhs-head-2-head-team</a></p> <p>Email: <a href="mailto:CAMHS.H2HTeam@nottshc.nhs.uk">CAMHS.H2HTeam@nottshc.nhs.uk</a></p>

<p><b>WAM service</b></p> <p>Provide 1-1 support to children and young people affected by somebody else's mental health and/or substance use</p>	<p>Call: 0115 9691300 ext 16499</p> <p>Email: <a href="mailto:wam.team@nottshc.nhs.uk">wam.team@nottshc.nhs.uk</a></p> <p><a href="https://www.nottinghamshirehealthcare.nhs.uk/what-about-me-wam-service-">https://www.nottinghamshirehealthcare.nhs.uk/what-about-me-wam-service-</a></p>
 <p><b>CASY</b> Counselling and Support for Young People</p> <p>CASY provides a confidential counselling service to young people aged from 6 to 25 within Nottinghamshire and Lincolnshire.</p>	<p>Telephone: CASY 01636 704 620</p> <p>Website: <a href="http://www.casy.org.uk/">http://www.casy.org.uk/</a></p> <p>CASY 23 Millgate Newark NG24 4TR</p>
 <p>Cruse Bereavement Care</p> <p>Offer support and help to those who are grieving, following the death of someone close</p>	<p>Telephone: 0115 9244404</p> <p>Email: <a href="mailto:nottinghamshire@cruse.org.uk">nottinghamshire@cruse.org.uk</a></p> <p>Website: <a href="http://nottinghamshirecruse.org.uk">nottinghamshirecruse.org.uk</a></p> <p>Room 36 Lenton Business Centre Nottingham NG7 2BY</p>
 <p><b>ChangeGrowLive</b></p> <p>Provide help and support to adults, children, young people and families. Services cover a wide variety of areas including health and wellbeing, substance use, mental health, criminal justice, domestic abuse and homelessness.</p>	<p><a href="https://www.changegrowlive.org/">https://www.changegrowlive.org/</a></p>
 <p>Small Steps is a service providing early support and evidence-based interventions to families of children and young people displaying behaviours that cause concern or challenge. Support will be available where there is no formal diagnosis of ASD or ADHD, but where behaviours may be indicative or characteristic of these conditions and</p>	<p>Telephone: 01623 672 152</p> <p>Information and Support Line: 07966 528 940</p> <p>E-mail: <a href="mailto:not-tr.small.steps@nhs.net">not-tr.small.steps@nhs.net</a></p> <p>Website: <a href="https://www.nottshelpyourself.org.uk/kb5/nottinghamshire/directory/service.page?id=MXWZStIJ1cc&amp;newdirectorychannel=0">https://www.nottshelpyourself.org.uk/kb5/nottinghamshire/directory/service.page?id=MXWZStIJ1cc&amp;newdirectorychannel=0</a></p>

<p>also for families of children and young people diagnosed with ASD and/or ADHD.</p>	
<p><b>Healthy Families Team</b></p> <p>NHS</p>	<p>To contact your Healthy Family Team in Rushcliffe please ring the following numbers between 9am - 5pm Monday to Friday:</p> <p>0115 883 7368 appointments only</p> <p>0115 883 7361 advice only</p>
 <p>Self-help resources for emotional problems</p>	<p>Website: <a href="https://www.moodjuice.scot.nhs.uk/">https://www.moodjuice.scot.nhs.uk/</a></p>
	<p>Website: <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a></p> <p>Call the Parents Helpline: 0808 802 5544 (Monday to Friday 9.30am – 4pm, free for mobiles and landlines)</p> <p>If you need urgent help text YM to 85258</p>
 <p>SelfharmUK is a project dedicated to supporting young people impacted by self-harm</p>	<p><a href="https://www.selfharm.co.uk/">https://www.selfharm.co.uk/</a></p>
	<p>Website: <a href="https://www.mind.org.uk/">https://www.mind.org.uk/</a></p> <p>Email: <a href="mailto:contact@mind.org.uk">contact@mind.org.uk</a></p> <p>Telephone: 020 8519 2122</p>
 <p>Support and advice on Self-harm</p>	<p>Website: <a href="http://www.harmless.org.uk">www.harmless.org.uk</a></p> <p>Email: <a href="mailto:info@harmless.org.uk">info@harmless.org.uk</a></p>

<p><b>GetSelfHelp</b></p> <p>Provides CBT self-help and therapy resources, including worksheets and information sheets.</p>	<p>Website: <a href="https://www.getselfhelp.co.uk/">https://www.getselfhelp.co.uk/</a></p>
 <p>Counselling service for young people (aged 12-25)</p>	<p>Telephone: 0115 9525040</p> <p>Website: <a href="http://www.base51.org.uk">www.base51.org.uk</a></p> <p>Email: <a href="mailto:counselling@base51.org.uk">counselling@base51.org.uk</a></p> <p>Drop in sessions Tuesdays, Wednesday and Thursdays 4-6pm</p>
 <p>midlands women's aid Your key to a safer future</p>	<p>National Domestic Violence Freephone: 0808 2000247</p> <p>Nottingham Women's Aid Advice Centre: 0808 8000 340</p> <p>Parentline Plus: 0808 200 2222</p> <p>Nottingham Rape Crisis Centre: 0115 941 0440</p> <p>The Sexual Abuse Project: 0115 958 8859</p>
 <p>Stonewall Acceptance without exception</p>	<p><a href="http://www.youngstonewall.org.uk">www.youngstonewall.org.uk</a></p> <p>The UK charity for gay, lesbian, bisexual and transgender people and their allies. They offer information, advice.</p> <p>Phone 08000 50 20 20</p>
 <p>MERMAIDS EMBRACE. EMPOWER. EDUCATE.</p>	<p><a href="http://www.mermaidsuk.org.uk">www.mermaidsuk.org.uk</a></p> <p>Support for trans and gender diverse children and their parents 0808 801 0400. Helpline Open Monday to Friday</p>
 <p>Beat Eating disorders</p>	<p><a href="http://www.beateatingdisorders.org.uk">www.beateatingdisorders.org.uk</a></p> <p>The UK's eating disorder charity. They have online support groups and a helpline for anyone under 18. Phone 0345 634 7650 (4pm – 10pm)</p>