

Support Services in Nottingham & Nottinghamshire

Further information and support services are available at
www.nottinghamshire.gov.uk/suicide (all ages) or
www.nottalone.org.uk (for children & young people)



NOTTINGHAMSHIRE CRISIS LINE

Tel: 0808 196 3779

Help in a crisis: www.nottinghamshirehealthcare.nhs.uk

The crisis line number is available to everybody of any age in mental health crisis. It can be accessed at any time, anywhere across Nottingham and Nottinghamshire. Available 24 hours a day, seven-days a week, it's the number to call if you are experiencing a mental health crisis and need immediate help.



HARMLESS

www.harmless.org.uk

info@harmless.org.uk

Tel: 0115 880 0280

Monday – Friday 9am–5pm

Harmless is a user-led organisation providing a range of services regarding self harm including support, information, training and consultancy to people who self harm, their friends, their families and professionals.



THE TOMORROW PROJECT

crisis@tomorrowproject.org.uk

bereavement@tomorrowproject.org.uk

Tel: 0115 880 0282

(leave a message we will respond within 1 working day)

Tel: 0115 880 0280 (admin only)

Monday – Friday 9am–5pm

The Tomorrow Project was established to support those affected by suicide. The service offers two confidential support pathways. The first is the Crisis pathway, offering support to those in suicidal crisis, having suicidal thoughts or feelings. The second is the Bereavement pathway, offering a safe space for anyone who may have been bereaved or affected by the loss of someone to suicide. These services operate in Nottingham and Nottinghamshire and can be accessed by phone, email or via social media.

Crisis Sanctuaries
Nottinghamshire**NOTTINGHAM CRISIS SANCTUARIES**

Tel: 0115 844 1846 (Open 4pm – 11pm • 365 days a year)

Digital / Zoom sessions are also available

www.nottinghamshirecrisissanctuaries.tv/visit

(visit website to see list of locations available each day)

We are here to offer support, information and guidance to anyone aged 18 years or older nearing or in a mental health crisis.

SAMARITANS**SAMARITANS**

Tel: 116 123

www.samaritans.org

jo@samaritans.org

Listening service. Confidential emotional support for those in distress. Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year.

**SHOUT 85258**

Free, confidential, anonymous text support service for anyone struggling to cope. Available 24/7. Text NOTTS to 85258

www.giveusashout.org

**BE U NOTTS**

Tel: 0115 708 0008 (available Mon – Fri 9am–5pm)

www.beusupport.co.uk

(excludes Bassetlaw, from where you can access support from www.talkzone.org.uk)

Free Mental Health Services for children and young people. Our free counselling options offer a safe and comfortable space for you to talk about your feelings, whether it is with a professional counsellor or other people like you.



NHS TALKING THERAPIES

www.notts-talk.co.uk

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

Tel: 0333 188 1060

(Monday – Friday 8am–8pm • Saturday 9am–12.30pm)

Delivered in Nottingham and Nottinghamshire by Vita Health and Every Turn mental health, Nottinghamshire Talking therapies is a free and confidential NHS service designed to help with common mental health problems such as stress, anxiety and depression. Anyone aged 18 years or over and registered with a GP can access support. A GP referral is not necessary as you can self-refer.



PAPYRUS HOPELINE

Helpline: 08000 684 141

Email: pat@papyrus-uk.org

www.papyrus-uk.org

The helpline is open

Monday – Friday 10am–5pm and 7pm–10pm (Weekends 2pm–5pm)

A confidential helpline service staffed by trained professionals who can give support, practical advice and information to anyone concerned that a young person they know may be at risk of harming themselves.



CAHMS CRISIS HELPLINE

CAMHS Crisis Team for urgent assistance: 0115 844 0560

CAMHS Single Point of Access for Self Referral

which is responded to within 72 hours: 0115 854 2299

Service open 24/7

Our service is here for young people who are experiencing a mental health crisis. This includes those who:

- Are at risk of immediate and significant self harm
- Are an immediate and significant risk to others due to their mental health
- Are being considered for admission to a mental health inpatient unit
- Are in acute psychological or emotional distress that means they are unable to go about their daily activities, such as going to school and looking after themselves

We offer intensive home treatment for young people:

- Who have acute psychiatric or psychological symptoms whose mental health is getting worse and who are at high risk of experiencing an acute psychiatric crisis

APPS AND ONLINE SUPPORT



CALM

Calm provides meditation techniques for sleep and stress reduction.

As well as guided Daily Calm sessions, which help you to unwind and refocus your attention, there are programmes for intermediate and advanced users. There is music, soothing sounds, mindful movement and meditation options. Calm also provides bite-sized mini sessions including one-minute exercises and sleep stories to help those who struggle to get to sleep or to stay asleep.



HEADSPACE

Headspace provides guided meditations, sleep stories, breathing techniques and more.

This app is a great choice if you want to learn the essentials of meditation and mindfulness. Sessions are provided in 3, 5 and 10 minute chunks that are easy to follow, focusing on breathing and scanning the body to check in on how you feel. These sessions are relaxing and less jargon-heavy than some others.



WHAT'S UP?

What's Up provides CBT-based support tips.

What's Up? is a free app utilising some CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) methods to help people cope with depression, anxiety, anger, stress and more.



FIVE WAYS TO WELLBEING

A free and convenient way of reminding yourself to look after your wellbeing.

Reflect on how well you connect, be active, take notice, keep learning and give and track how well you think you're doing. Set reminders to reflect so each week you can keep learning.

APPS AND ONLINE SUPPORT



SAM

An application to help you understand and manage anxiety.

SAM is free and will help you to understand what causes your anxiety, monitor your anxious thoughts and behaviour over time and manage your anxiety through self-help exercises and private reflection.



MOODZONE NHS

Moodzone NHS offers practical advice, interactive tools, videos and audio guides to help you feel mentally and emotionally better.

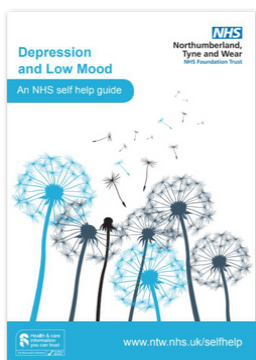
Whatever you need to know about coping with stress, anxiety or depression, or just the normal emotional ups and downs of life, the NHS Moodzone is here to help.



STAY ALIVE APP

A pocket suicide prevention resource packed full of useful information and tools to help you stay safe in crisis.

Stay Alive is a confidential app you can use if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.



SELF HELP LEAFLETS: NHS WEBSITE / APP

Covering common mental health issues, these guides contain useful tips and hints as well as self-help techniques.

These self-help booklets have been written by clinical psychologists with contributions from service-users and healthcare staff from Northumberland.



East Midlands Gambling Harms Service

East Midlands Gambling Harms Service

Tel: 0300 013 2330

Email: dhcft.emgamblingharms@nhs.net

Web: www.eastmidlandsgambling.nhs.uk



What we offer

We provide specialist therapies and treatment to people in the East Midlands affected by gambling addiction and gambling problems.

Who we can help

We are able to support people who are:

- 18 years old and over
- Registered with a GP in Derbyshire, Leicestershire, Lincolnshire, Northamptonshire, Nottinghamshire or Rutland
- Experiencing current or recent problematic gambling, resulting in harm to themselves and/or to other people.

How to request our support

You can either refer yourself or ask a professional like a GP to refer you.