



## **Nottingham City Support Services Directory**

Please find enclosed a list of support services for varying needs that you may find useful to explore. If you are unsure of what service is right for your circumstances, please do not hesitate to contact the Academy Safeguarding Team.

You may also find Ask Lion a useful place to look for support agencies:

<https://www.asklion.co.uk>

| Service Name                                                                    | Description                                                                                                                                                                                                             | Website / Contact                                                                                                                                                                                                                                                                                |
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| <b>Nottingham City CAMHS (Children &amp; Adolescent Mental Health Services)</b> | City Council CAMHS team<br>Support for 0-18 year olds with emotional or mental health problems.                                                                                                                         | <a href="https://www.nottinghamcity.gov.uk/camhs">https://www.nottinghamcity.gov.uk/camhs</a>                                                                                                                                                                                                    |
| <b>Nottinghamshire Healthcare CAMHS</b>                                         | Helpline and referral form links and explanation of what CAMHS does.<br><br>Crisis Resolution Home Treatment Team                                                                                                       | <a href="https://www.nottinghamshirehealthcare.nhs.uk/camhs-young-people">https://www.nottinghamshirehealthcare.nhs.uk/camhs-young-people</a><br><br><a href="https://www.nottinghamshirehealthcare.nhs.uk/camhs-crisis-team">https://www.nottinghamshirehealthcare.nhs.uk/camhs-crisis-team</a> |
| <b>Nottingham CityCare Children's public health 0-19</b>                        | Community health services provider, providing NHS services.<br><br>Confidential health advice from a public health nurse.                                                                                               | <a href="https://www.nottinghamcitycare.nhs.uk/our-services/childrens-public-health-0-19-nursing-service">https://www.nottinghamcitycare.nhs.uk/our-services/childrens-public-health-0-19-nursing-service</a><br><br><a href="https://www.chathealth.nhs.uk/">https://www.chathealth.nhs.uk/</a> |
| <b>NHS Self Help Leaflets</b>                                                   | For abuse, alcohol, anxiety, bereavement, anger, depression, eating disorders, obsessions and compulsions panic, PTSD, self-harm, sleeping problems, stress.                                                            | <a href="https://web.nrw.nhs.uk/selfhelp/">https://web.nrw.nhs.uk/selfhelp/</a>                                                                                                                                                                                                                  |
| <b>Barnardo's online safety</b>                                                 | Advice for parents around keeping their children safe whilst accessing the internet                                                                                                                                     | <a href="https://www.barnardos.org.uk/blog/online-safety-parents-questions?">https://www.barnardos.org.uk/blog/online-safety-parents-questions?</a>                                                                                                                                              |
| <b>Support Families (Previously Priority Families)</b>                          | Programme targeting whole family intervention to support with crime and anti-social behaviour, non-school attendance, domestic abuse and violence, and problems with child health and mental wellbeing.                 | <a href="http://www.nottinghamchildrenspartnership.co.uk/5596">http://www.nottinghamchildrenspartnership.co.uk/5596</a><br><br>Email: <a href="mailto:fip@nottinghamcity.gov.uk">fip@nottinghamcity.gov.uk</a><br>Telephone: 0115 8763606                                                        |
| <b>Children's Speech and Language Therapy Service</b>                           | Nottingham City and County therapy service helping children who need support with understanding what is being said to them, listening and following instructions or conversations, and otherwise communicating clearly. | <a href="https://www.nottshelpyourself.org.uk/kb5/nottinghamshire/directory/service.page?id=YRvyk9qNZKQ&amp;newdirectorychannel=0">https://www.nottshelpyourself.org.uk/kb5/nottinghamshire/directory/service.page?id=YRvyk9qNZKQ&amp;newdirectorychannel=0</a>                                  |
| <b>.GOV – Domestic abuse: how to get help</b>                                   | Guidance, links and helplines for support with domestic abuse                                                                                                                                                           | <a href="https://www.gov.uk/guidance/domestic-abuse-how-to-get-help">https://www.gov.uk/guidance/domestic-abuse-how-to-get-help</a>                                                                                                                                                              |
| <b>NottAlone</b>                                                                | Local mental health advice for young people in Nottingham City and County, covering a wide variety of possible needs                                                                                                    | <a href="https://nottalone.org.uk/?a=yp">https://nottalone.org.uk/?a=yp</a>                                                                                                                                                                                                                      |
| <b>Base51</b>                                                                   | Counselling, psychotherapy, workshops and safe spaces for young people aged 11-24.                                                                                                                                      | <a href="https://www.base51.org/">https://www.base51.org/</a><br><br><a href="mailto:counselling@base51.org.uk">counselling@base51.org.uk</a><br>0115 9525040                                                                                                                                    |
| <b>AskLion – Mental Health Support</b>                                          | List of free and local support services and helplines for various topics                                                                                                                                                | <a href="https://www.asklion.co.uk/kb5/nottingham/directory/landing.page?directorychannel=8_3">https://www.asklion.co.uk/kb5/nottingham/directory/landing.page?directorychannel=8_3</a>                                                                                                          |

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| <b>AskLion – MHSTs (Mental Health Support Teams)</b> | Information about the service and how to refer for help with young people in school experiencing difficulties – can be referred through school | <a href="https://www.asklion.co.uk/kb5/nottingham/directory/advice.page?id=BMayDi93L1U">https://www.asklion.co.uk/kb5/nottingham/directory/advice.page?id=BMayDi93L1U</a>                                                                                                                                            |
| <b>NHS Food Facts and Eatwell</b>                    | Advice on food types, children's weight, a food scanning app, and guidance on food groups.                                                     | <a href="https://www.nhs.uk/healthier-families/food-facts/">https://www.nhs.uk/healthier-families/food-facts/</a><br><a href="https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/">https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/</a> |
| <b>Beat</b>                                          | Information around eating disorders and where to access support                                                                                | <a href="https://www.beateatingdisorders.org.uk/">https://www.beateatingdisorders.org.uk/</a>                                                                                                                                                                                                                        |
| <b>British Nutrition Foundation</b>                  | Information on nutrition and sustainable diets for different life stages.                                                                      | <a href="https://www.nutrition.org.uk/life-stages/">https://www.nutrition.org.uk/life-stages/</a>                                                                                                                                                                                                                    |
| <b>Teen Sleep Hub</b>                                | Offers advice on how to sleep better including tips and tweaking routines                                                                      | <a href="https://teensleephub.org.uk/">https://teensleephub.org.uk/</a>                                                                                                                                                                                                                                              |
| <b>Young Minds</b>                                   | Charity fighting for children and young people's mental health. Features guidance on support, CAMHS, and who to speak to.                      | <a href="https://www.youngminds.org.uk/">https://www.youngminds.org.uk/</a>                                                                                                                                                                                                                                          |
| <b>Get Self Help</b>                                 | Offers strategies and possible solutions (Cognitive Behaviour Therapy Resources) for various mental health issues.                             | <a href="https://www.getselfhelp.co.uk/">https://www.getselfhelp.co.uk/</a>                                                                                                                                                                                                                                          |
| <b>Family Lives</b>                                  | Provides targeted early intervention to all age groups including advice, helplines/live chat, videos and courses for parents.                  | <a href="https://www.familylives.org.uk/">https://www.familylives.org.uk/</a>                                                                                                                                                                                                                                        |
| <b>NSPCC</b>                                         | Helplines, information and advice on children's physical safety and mental health, and details of regional hubs.                               | <a href="https://www.nspcc.org.uk/">https://www.nspcc.org.uk/</a>                                                                                                                                                                                                                                                    |
| <b>Childline</b>                                     | Information, advice and tools including 121 counsellor chat, for children about bullying, abuse, relationships and school.<br><br>Helpline     | <a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a><br><br>0800 1111                                                                                                                                                                                                                           |
| <b>Harmless</b>                                      | Organisation who works to address and overcome issues related to self-harm and suicide. Signposts to counselling, psychotherapy.               | <a href="https://harmless.org.uk/">https://harmless.org.uk/</a>                                                                                                                                                                                                                                                      |
| <b>Kooth</b>                                         | Anonymous online mental wellbeing community                                                                                                    | <a href="https://www.kooth.com/">https://www.kooth.com/</a>                                                                                                                                                                                                                                                          |
| <b>Samaritans</b>                                    | Charity providing emotional support to anyone with emotional distress or struggling to cope, via phone, email, app, or in branches.            | <a href="https://www.samaritans.org/">https://www.samaritans.org/</a><br><br>Or call 116 123                                                                                                                                                                                                                         |

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| <b>Papyrus</b>                                | Prevention of Young Suicide charity<br><br>Confidential suicide prevention advice (HOPELINE UK)                            | <a href="https://www.papyrus-uk.org/">https://www.papyrus-uk.org/</a><br><br>Call 0800 068 4141 or text 07860 039967                                                                                                                                                                                                                                                                                                                                        |
| <b>The Mix</b>                                | Support service for young people for mental health, finances, homelessness, relationships and drugs.                       | <a href="https://www.themix.org.uk/">https://www.themix.org.uk/</a><br><br>Call 0808 808 4994                                                                                                                                                                                                                                                                                                                                                               |
| <b>CalmHarm</b>                               | App that helps manage or resist the urge to self-harm.                                                                     | <a href="https://calmharm.co.uk/homepage/">https://calmharm.co.uk/homepage/</a>                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Create a Budget Plan</b>                   | Taking control of your household spending with a budget plan, use free budgeting tools and work out where your money goes. | <a href="asklion.co.uk/budgeting">asklion.co.uk/budgeting</a>                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Prioritise and Reduce your Bills</b>       | Tips for reducing and prioritising your bills.                                                                             | <a href="asklion.co.uk/bills">asklion.co.uk/bills</a>                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>Claim the Benefits you are entitled to</b> | Check the benefits you're entitled to, free childcare, Healthy Start Vouchers and free school meals.                       | <a href="asklion.co.uk/benefits">asklion.co.uk/benefits</a>                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Free &amp; Cheap Food</b>                  | Find places which offer cheap food, including community supermarkets, social eating projects and food banks.               | <a href="asklion.co.uk/food">asklion.co.uk/food</a>                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Travel for Less</b>                        | Free or discounted public transport in Nottingham with Concessionary Travel Passes or other travel discount schemes.       | <a href="asklion.co.uk/travel">asklion.co.uk/travel</a>                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Parks &amp; Open Spaces</b>                | Nottingham hosts a number of activities including walks, playgrounds, outdoor gyms, table tennis and tree trails           | <a href="https://www.nottinghamcity.gov.uk/leisure-and-culture/events-markets-parks-and-museums/parks-and-open-spaces/park-activities/?utm_content=&amp;utm_medium=email&amp;utm_name=&amp;utm_source=govdelivery&amp;utm_term=">https://www.nottinghamcity.gov.uk/leisure-and-culture/events-markets-parks-and-museums/parks-and-open-spaces/park-activities/?utm_content=&amp;utm_medium=email&amp;utm_name=&amp;utm_source=govdelivery&amp;utm_term=</a> |