

## **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](mailto: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)

Smoke Free Teen (quit vaping) -

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

Stem4 -

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

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## **Bereavement**

Cruse –

Helpline: 0808 808 1677

Website: [www.cruse.org.uk](https://www.cruse.org.uk)

Winston's Wish –

Helpline: 0808 802 021

Website: [www.winstonswish.org](https://www.winstonswish.org)

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## **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)

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## **Criminal and Sexual Exploitation Support**

Fearless –

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

Knife Crime – Knife Free

Website: [Live #knifefree](https://www.knifefree.org.uk)

Victim Support (Crime Focuses) –

Helpline: 0808 168 9111

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

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## **Domestic Abuse**

Broxtowe Women's Project (BWP) –

Contact Number: 01773 719111

Text Service: 07914 634 190

Website: [www.broxtowewomensproject.org.uk](https://www.broxtowewomensproject.org.uk)

Equation –

Contact Number: 0115 962 3237

Website: [www.equation.org.uk](https://www.equation.org.uk)

Email: [info@equation.org.uk](mailto:info@equation.org.uk)

JUNO Women's Aid –

Helpline: 0808 800 0340

Referral Phone Number: 0115 947 6490

Office Phone Number: 0115 947 5257

Email: [enquiries@junowomensaid.org.uk](mailto:enquiries@junowomensaid.org.uk)

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## **Eating Disorders**

Action for Children -

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

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## **Emotional Health and Wellbeing**

Actions for Children -

Website: [Mental health and wellbeing - Support for Parents from Action For Children](#)

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](mailto:s.stokes@ablhealth.co.uk) (Referrals can be made by the young person, a parent/carer or a professional)

Happy Maps –

Website: [Secondary School and Young Adult - HappyMaps](#)

MIND –

Helpline: 0300 123 3393

Website: [www.mind.org.uk](http://www.mind.org.uk)

Email: [info@mind.org.uk](mailto:info@mind.org.uk)

Mindshift – MOBILE APP

ODC Youth –

E-Helpline: [youthhelpline@ocdaction.org.uk](mailto:youthhelpline@ocdaction.org.uk)

Website: [OCD Youth - For and by young people with OCD | Home](#)

stem4 –

Website: [www.stem4.org.uk](http://www.stem4.org.uk)

Stress Tips – MOBILE APP

YoungMinds –

Parents Helpline: 0808 802 5544

Website: [www.youngminds.org.uk](http://www.youngminds.org.uk)

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## **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](#)

YoungMinds –

Website: [Wellbeing Tips For Secondary Students During Exams \(youngminds.org.uk\)](#)

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## **Healthy Relationships**

Disrespect Nobody –

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

The Mix –

Helpline: 0808 808 4994

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

ZIPIT (APP) –

Website: [ZIPIT: Childline's Free App for Young People - How to avoid sexting - North Down Community Network \(ndcn.co.uk\)](#)

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## **LGBTQ+ Support**

ThinkUKnow –

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

Stonewall –

Helpline: 0800 050 2020

Website: [Help & Advice | Stonewall](https://www.stonewall.org.uk)

Switchboard –

Helpline: 0300 330 0630

Website: [Switchboard LGBT+ Helpline](https://www.switchboard.org.uk)

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## **Mental Health**

Child and Adolescent Mental Health Service (CAMHS)

Contact Number: 0115 8542 299

Email: [CAMHSSPA@nottshc.nhs.uk](mailto:CAMHSSPA@nottshc.nhs.uk)

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

MIND –

Helpline: 0300 123 3393

Website: [www.mind.org.uk](https://www.mind.org.uk)

Email: [info@mind.org.uk](mailto:info@mind.org.uk)

The Mix –

Helpline: 0808 808 4994

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

NottAlone -

Website: [www.nottalone.org.uk](https://www.nottalone.org.uk)

stem4 –

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

YoungMinds –

Parents Helpline: 0808 802 5544

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

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## **Mindfulness and Meditation**

Headspace – MOBILE APP

Mind Full –

Website – [www.mindful.org](https://www.mindful.org)

Stop, Breathe and Think – MOBILE APP

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## **Online Safety**

Child Exploitation and Online Protection (CEOP) –

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

Cyber Choices –

Website: [Cyber Choices | EM Cyber Secure \(eastmidlandscybersecure.co.uk\)](https://www.cyberchoices.org.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 \(iwf.org.uk\)](https://www.iwf.org.uk)

The Mix –

Helpline: 0808 808 4994

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

ThinkUKnow –

Website: [Thinkuknow - home](https://www.thinkuknow.co.uk)

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## **Out of School Opportunities**

Nottinghamshire County Council – Youth Service

Contact Number (Kimberley): 0115 938 4349

Contact Number (Eastwood): 01773 536 010

Contact Number (Beeston): 0115 939 2771

Contact Number (Stapleford): 0115 925 4575

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## **Overall Family Support**

Broxtowe Children's Centres –

Email for referrals and enquires: [cc.broxtowe@nottsc.gov.uk](mailto:cc.broxtowe@nottsc.gov.uk)

Early Help Unit –

Contact Number: 01623 433 500

Email: [early.help@nottsc.gov.uk](mailto:early.help@nottsc.gov.uk)

Family Lives –

Website: [www.bullying.co.uk](http://www.bullying.co.uk)

Email: [askus@familylives.org.uk](mailto:askus@familylives.org.uk)

Helpline: 0808 800 2222

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

Website: [www.maggies.org](http://www.maggies.org)

Contact Number: 0015 924 6210

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## **Overall Health**

Healthy Family Teams Contact Details –

Advice Line: 0300 123 3387 (option 4)

Parentline: 07520 619919 (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](http://www.healthforteens.co.uk)

The Mix –

Helpline: 0808 808 4994

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

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## **Radicalisation Concerns**

Acting Early (Prevent Radicalisation and Extremism) -

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

Deradicalisation Case Worker (Staff Only) -

Website: <https://www.loom.com/share/bbbf22cadf4d4c6db3f349dd8769fc94>

Let's Talk About It -

Website: [Lets Talk About It - Working Together To Prevent Terrorism \(Itai.info\)](https://lets-talk-about-it.com/)

Prevent -

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

Contact Number: 101 (extension 8002963 or 8002965)

Email: [prevent@nottinghamshire.pnn.police.uk](mailto:prevent@nottinghamshire.pnn.police.uk)

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## **School Refusers**

Action for Children -

Website - [What is school refusal and what can I do about it? \(actionforchildren.org.uk\)](https://www.actionforchildren.org.uk/what-is-school-refusal-and-what-can-i-do-about-it/)

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## **Self-Harm**

Harmless –

Website: [www.harmless.org.uk](http://www.harmless.org.uk)

stem4 –

Website: [www.stem4.org.uk](http://www.stem4.org.uk)

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## **SEN Support**

Action for Children -

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

Breakaway (Arts Activities for SEN students)

Contact Number: 07400 242 017 (Siobhan)

Email: [Siobhan.d@transformtraining.org.uk](mailto:Siobhan.d@transformtraining.org.uk)

Disability Support Team (Youth Clubs for SEN young people aged 13 – 24 years old)

Contact Number: 0794 927 0038 (Carol Greaves)

Email: [carol.graves@nottsscc.gov.uk](mailto:carol.graves@nottsscc.gov.uk)

Small Steps Nottinghamshire (NHS) –

Contact Number: 01623 672 152 / 07966 528 940

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### **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. \(nationalarchives.gov.uk\)](#)

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](#)

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### **Urgent Safeguarding Concerns**

Dealing with a disclosure advice –

[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](mailto: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

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### **Young Carers**

Action for Young Carers –

Text Number: 07814 678 460

Website: [Home - Action for Young Carers \(aycnottingham.co.uk\)](#)

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](http://www.maggies.org)

Contact Number: 0015 924 6210

Nottinghamshire Young Carers Service –

Helpline: 0300 500 8080

Email: [enquiries@nottsscc.gov.uk](mailto:enquiries@nottsscc.gov.uk)

Young Carers Community (Young Carers Assessment)

Contact Number: 01623 433 500

Email: [early.help@nottscgcsx.gov.uk](mailto:early.help@nottscgcsx.gov.uk)

Young Carers Transition Project –

Contact details: Naomi Sykes 0115 9629 335

Email: [n.sykes@carersfederation.co.uk](mailto:n.sykes@carersfederation.co.uk)