

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

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)

The Place –

Helpline: 0115 948 4314

Website: [JIGSAW - Nottingham | Change Grow Live](https://www.jigsaw.org.uk)

Email: jigsaw@cgl.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)

Bereavement

Cruse –

Helpline: 0808 808 1677

Website: www.cruse.org.uk

Winston's Wish –

Helpline: 0808 802 021

Website: www.winstonswish.org

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)

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)

Domestic Abuse

Broxtowe Women's Project (BWP) –

Contact Number: 01773 719111

Text Service: 07914 634 190

Website: www.broxtowewomensproject.org.uk

Equation –

Contact Number: 0115 962 3237

Website: www.equation.org.uk

Email: info@equation.org.uk

Evolution+ (Base 51) (support for young people affected by serious violence)

Referral email address: evolution@base51.org.uk

Referral phone number: 0115 952 5040

Website: <https://www.base51.org/evolution>

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

Eating Disorders

Action for Children -

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

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 (Referrals can be made by the young person, a parent/carer or a professional)

CASY -

Website: [Homepage - CASY](#)

Dove Self-Esteem Project –

Website: [The Dove Self-Esteem Project | Dove](#)

Give Us A Shout -

Text SHOUT to 85258

Website: [Shout - UK's 24/7 Crisis Text Service for Mental Health Support | Shout 85258 \(giveusashout.org\)](#)

Happy Maps –

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

MIND –

Helpline: 0300 123 3393

Website: www.mind.org.uk

Email: info@mind.org.uk

Mindshift – MOBILE APP

ODC Youth –

E-Helpline: youthhelpline@ocdaction.org.uk

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

Samaritans -

Helpline: 116 123

Website: [Samaritans | Every life lost to suicide is a tragedy | Here to listen](#)

Stop.Breathe.Think –

Website: [Home - Stop.Breathe.Think \(stopbreathethink.org.uk\)](http://stopbreathethink.org.uk)

Email for parents/carers: admin@stopbreathethink.org.uk

24/7 contact details for young people: text **Breathe** to **85258**

stem4 –

Website: www.stem4.org.uk

Stress Tips – MOBILE APP

YoungMinds –

Parents Helpline: 0808 802 5544

Website: www.youngminds.org.uk

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 \(youngminds.org.uk\)](#)

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 \(ndcn.co.uk\)](#)

LGBTQ+ Support

ThinkUKnow –

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

Stonewall –

Helpline: 0800 050 2020

Website: [Help & Advice | Stonewall](#)

Switchboard –

Helpline: 0300 330 0630

Website: [Switchboard LGBT+ Helpline](#)

Mental Health

Child and Adolescent Mental Health Service (CAMHS)

Contact Number: 0115 8542 299

Email: CAMHSSPA@nottshc.nhs.uk

Crisis Team Number for Urgent Assistance: 0115 844 0560

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

MIND –

Helpline: 0300 123 3393

Website: www.mind.org.uk

Email: info@mind.org.uk

The Mix –

Helpline: 0808 808 4994

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

NottAlone –

Website: www.nottalone.org.uk

Papyrus (Suicide Prevention) -

Helpline: 0800 068 4141

Text Number: 0786 003 9967

Website: [Papyrus UK Suicide Prevention | Prevention of Young Suicide \(papyrus-uk.org\)](#)

Stop.Breathe.Think –

Website: [Home - Stop.Breathe.Think \(stopbreathethink.org.uk\)](#)

Email for parents/carers: admin@stopbreathethink.org.uk

24/7 contact details for young people: text **Breathe** to **85258**

stem4 –

Website: www.stem4.org.uk

YoungMinds –

Parents Helpline: 0808 802 5544

Website: www.youngminds.org.uk

Mindfulness and Meditation

Headspace – MOBILE APP

Mind Full –

Website – www.mindful.org

Stop, Breathe and Think – MOBILE APP

Online Safety

Child Exploitation and Online Protection (CEOP) –

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

Cyber Choices –

Website: [Cyber Choices | EM Cyber Secure \(eastmidlandscybersecure.co.uk\)](http://Cyber Choices | EM Cyber Secure (eastmidlandscybersecure.co.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 \(iwf.org.uk\)](http://Homepage | Internet Watch Foundation (iwf.org.uk))

The Mix –

Helpline: 0808 808 4994

Website: The Mix - Essential support for under 25s

ThinkUKnow –

Website: Thinkuknow - home

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

Overall Family Support

Broxtowe Children's Centres –

Email for referrals and enquires: cc.broxtowe@nottsscc.gov.uk

Early Help Unit –

Contact Number: 01623 433 500

Email: early.help@nottsscc.gcsx.gov.uk

Family Lives –

Website: www.bullying.co.uk

Email: askus@familylives.org.uk

Helpline: 0808 800 2222

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

Website: www.maggies.org

Contact Number: 0015 924 6210

Overall Health

Healthy Family Teams Contact Details –

Advice Line: 0300 123 3387 (option 4)

Parent line: 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

The Mix –

Helpline: 0808 808 4994

Website: The Mix - Essential support for under 25s

Radicalisation Concerns

Acting Early (Prevent Radicalisation and Extremism) -

Website: <https://actearly.uk/>
Deradicalisation Case Worker (Professionals 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.org.uk/)
Prevent -
Website: [Prevent Duty - Nottingham City Council](https://www.preventduty.org.uk/)
Contact Number: 101 (extension 8002963 or 8002965)
Email: prevent@nottinghamshire.pnn.police.uk

Support for students with terminally ill family members

Hope Support
Contact Number: 01989 566317
Website: [How Hope helps – Hope Support Services](https://www.hope-support.org.uk/)
Marie Curie -
Contact Number: 0800 090 2309
Website: www.mariecurie.org.uk/support
MacMillan Cancer Support –
Website: [A guide for young people who look after someone with cancer - Macmillan Cancer Support](https://www.macmillan.org.uk/young-people)
Maggie's (Support for Children and Families Dealing with Cancer) -
Website: www.maggies.org
Contact Number: 0015 924 6210

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/)

Self-Harm

Harmless –
Website: www.harmless.org.uk
stem4 –
Website: www.stem4.org.uk

SEN Support

Action for Children -
Website: [Additional needs and disabilities - Support for Parents from Action For Children](https://www.actionforchildren.org.uk/additional-needs-and-disabilities-support-for-parents)
Breakaway (Arts Activities for SEN students)
Contact Number: 07400 242 017 (Siobhan)
Email: 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
Small Steps Nottinghamshire (NHS) –
Contact Number: 01623 672 152 / 07966 528 940

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. \(nationalarchives.gov.uk\)](https://www.nationalarchives.gov.uk/ukrii/relationships/relationships-abuse-consent-and-more/)
Rape Crisis –
Helpline: 0808 802 9999
Website: [Home | Rape Crisis England & Wales](https://www.rapecrisis.org.uk/)
Survivor's Trust –
Helpline: 0808 801 0818
Website: [The Survivors Trust](https://www.the-survivors-trust.org.uk/)

ThinkUKnow –

Website: [Thinkuknow - home](#)

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

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

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

Contact Number: 0015 924 6210

Nottinghamshire Young Carers Service –

Helpline: 0300 500 8080

Email: enquiries@nottsc.gov.uk

Young Carers Community (Young Carers Assessment)

Contact Number: 01623 433 500

Email: early.help@nottsc.gcsx.gov.uk

Young Carers Notts (Identification and Supporting) –

Website: [HOME | Young Carers Notts](#)

Contact Number: 0115 824 8824

Email: youngcarers@tuvida.org

Young Carers Transition Project –

Contact details: Naomi Sykes 0115 9629 335

Email: n.sykes@carersfederation.co.uk