Useful Support Links

Barnardo's – www.barnardos.org.uk
Support for emotional health and wellbeing

Be U Notts - 0115 708 0008 - www.beusupport.co.uk
Support for early mental health and emotional wellbeing support – you can self-refer if age 12+

ChildLine - 0800 1111 - www.childline.org.uk
Free, private and confidential service where you can talk about everything over the phone or online with a counsellor

Cruse - 0808 808 1677 - www.cruse.org.uk
Helps young people and families to process and cope with grief and bereavement

Soluna By KOOTH - www.solunaapp.com/uk
Free, safe and anonymous support in an online mental wellbeing community

Harmless - www.harmless.org.uk
An organisation to help and overcome issued related to self-harm

MIND - 0300 123 3393 -www.mind.org.uk
Advice and support for anyone experiencing emotional and mental health

Switchboard - https://switchboard.lgbt
Supporting young people with anything related to sexuality and gender identity

Winston's Wish - www.winstonswish.org
Supporting children and young people through bereavement

YoungMinds - www.youngminds.org.uk
Website full of advice to support young people and their families affected by mental health

Anger Management / Challenging Behaviours	
Coram (Family Lives)	Website: Dealing with aggressive or challenging behaviour in your child - Coram Family Lives Wesbite: Teenager: Behaviour - Coram Family Lives Helpline: 0808 800 2222 Whatsapp: 07441 444125
The Challenging Behaviour Foundation	Website: Homepage for The Challenging Behaviour Foundation - Making a difference to the lives of people with severe learning disabilities Email: support@thecbf.org.uk Contact Number: 0300 666 0126

Alcohol, Drug and Substance Misuse – including vaping	
Adfam	Website: Home Page - ADFAM
Change, Grow, Live (CGL)	Helpline: 01623 703 373 Website: https://www.changegrowlive.org/ Email: nottsyp.admin@cgl.org.uk
Frank	Helpline: 0300 123 6600 Website: Honest information about drugs | FRANK (talktofrank.com)
The Mix	Helpline: 0808 808 4994 Website: The Mix - Essential support for under 25s
The Place	Helpline: 0115 948 4314 Website: JIGSAW - Nottingham | Change Grow Live Email: jigsaw@cgl.org.uk
Smoke Free Teen (quit vaping)	Website: Quit Vaping | Smokefree Teen
Stem4	Website: Addiction - stem4

Bereavement	
Child Bereavement UK	Website: Child Bereavement UK (includes live chat) Helpline: 0800 02 888 40 Professionals Email Contact: schools@childbereavementuk.org Email: helpline@childbereavementuk.org Referral Information: Make A Referral | Children's Bereavement Centre (childrensbereavementcentre.co.uk)
Cruse	Helpline: 0808 808 1677 Website: www.cruse.org.uk Email: nottinghamshire@cruse.org.uk
Grief Encounter	Email: grieftalk@griefencounter.or.uk Contact Number: 0808 802 0111 (weekdays 9am – 9pm)
Winston's Wish	Helpline: 0808 802 021 Website: www.winstonswish.org

	Text or Whatsapp Number: 07418 341 800 (open weekdays 3pm-8pm, weekdays (excluding bank holidays)

Bullying Support	
Action for Children	Website: My child is being bullied - Support for Parents from Action For Children
Kidscape	Website: Help With Bullying | Bullying Advice | Kidscape Email: parentsupport@kidscape.org.uk Advice Line: 07496 682785
YoungMinds	Parents Helpline: 0808 802 5544 Website: Bullying (youngminds.org.uk)

Criminal and Sexual Exploitation Support	
Fearless	Website: Home - Fearless
Ivison Trust	Website: Ivison Trust - We support families affected by child exploitation.
Positive Pathways	Website: Homepage | Youth Endowment Fund Online Referral: Positive Pathways (ingeus.co.uk) Email: positivepathways@ingeus.co.uk Contact Number: 0207 265 3000
STEP (Safeguarding Against Trafficking and Exploitation Project)	Website: STEP (Safeguarding against Trafficking and Exploitation Project) – POW Nottingham (pow-advice.org.uk) Email: admin@pow-advice.co.uk Contact Number: 0115 934 9992
Victim Support (Crime Focuses)	Helpline: 0808 168 9111 Website: Children and young people - Victim Support

Domestic Abuse	
Broxtowe Women's Project (BWP)	Contact Number: 01773 719111 Text Service: 07914 634 190 Website: www.broxtowewomensproject.org.uk
Domestic Abuse and Staying Safe Online	Website: Information and support on tech abuse | Refuge Tech Safety Website: Home Tech Tool | Refuge Tech Safety Website: Online safety - Chayn
Domestic Violence Intervention Project	Website: Home - DVIP | Domestic Violence Intervention Project
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	Website: Contact Us - Nottinghamshire Women's Aid (nottswa.org) Helpline: 0808 800 0340 (24hrs) General Enquiries: 01909 491330 Referral Phone Number: 0115 947 6490 Office Phone Number: 0115 947 5257 Email: enquiries@junowomensaid.org.uk / enqurires@nottswa.org
Refuge	Website: Refuge, the largest UK domestic abuse organisation for women Free Helpline: 0808 200 0247
Respect	Website: Charity to Help Domestic Abuse Perpetrators | Respect Phoneline UK Email: Info@respectphoneline.org.uk Freephone: 0808 802 4040
Women's Aid	Website: Home - Women's Aid Email: helpline@womensaid.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	
Action 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
CASY	Website: Homepage - CASY
Childline	Website: Childline | Childline (includes 1:1 counsellor chat) Contact Number: 0800 1111
Chill Panda	Website: Chill Panda – Reducing anxiety and improving well being in Children through a fun gaming app
Coram (Family Lives) - Bringing up Confident Children (Online Course)	Website: Bringing Up Confident Children online course - Coram Family Lives
Dove Self-Esteem Project	Website: The Dove Self-Esteem Project | Dove
Give Us A Shout	Text SHOUT to 85258 Email: info@giveusashout.org 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	MOBLIE APP
NSPCC (Building Connections – Tackling Loneliness)	Website: Building Connections | Support service for young people | NSPCC Learning
OCD 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) 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
Youth Access	Website: Welcome to Youth Access | Youth Access Email: admin@youthaccess.org.uk Telephone: 020 8772 9900
YoungMinds	Parents Helpline: 0808 802 5544 Website: www.youngminds.org.uk

Exam Stress Support / Education 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
National Careers Service	Website: Careers advice - job profiles, information and resources | National Careers Service
Samaritans	Website: Exam Stress | Coping Strategies | DEAL | Samaritans

Healthy Relationships	
Disrespect Nobody	Website: [ARCHIVED CONTENT] Disrespect NoBody | Find out about healthy relationships, relationship abuse, consent and more. (nationalarchives.gov.uk)
Reducing Parental Conflict (within the home)	Website: Nottshelpyourself Website: Parent resource sign up (oneplusone.org.uk)

The Mix	Helpline: 0808 808 4994 Website: The Mix - Essential support for under 25s

LGBTQIA+ Support	
Coram (Family Lives)	Website: Supporting your LGBTQ+ teen - Coram Family Lives
Gender Identity Development Service	Website: Gender Identity Development Service - GIDS Contact Number: 020 8938 2030 Email: gids@tavi-port.nhs.uk
Gendered Intelligence	Website: Gendered Intelligence Email: supportline@genderedintelligence.co.uk Contact Number: 0800 640 8046 Whatsapp: 07592 650 496
LGBT+ Nottinghamshire	Website: LGBT+ Service Nottinghamshire (lgbtplusnotts.org.uk) Contact Number: 01909 479191 Text Service: 07761 500169 Email: info@lgbtplusnotts.org.uk
Mermaids	Website: Homepage - Mermaids (mermaidsuk.org.uk) Contact Number: 0808 801 0400 Text Service: 85258
ThinkUKnow	Website: Supporting LGBTQ+ young people online (thinkuknow.co.uk)
Stonewall	Helpline: 0800 050 2020 Website: Stonewall
Switchboard	Helpline: 0300 330 0630 Website: Switchboard LGBT+ Helpline

Mental Health	
Calm Harm - APP	Website: Home - Calm Harm App
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)
Soluna By KOOTH	Website: www.solunaapp.com/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
Nottinghamshire Crisis Line	Contact Number: 0808 196 3779 Website: www.nottinghamshirehealthcare.nhs.uk

Nottinghamshire Talking Therapies	Website: https://notts-talk.co.uk/ Email: notts.iapt.admin@notts-talk.co.uk Contact Number: 0333 188 1060 (Mon-Fri 8am-8pm / Sat 9am-12:30pm)
NottAlone	Website: www.nottalone.org.uk
Rethink	Website: Rethink Mental Illness Email: advice@rethink.org Helpline: 0808 801 0525 (Monday to Friday 09:30 until 16:00)
Samaritans	Website: Samaritans | Every life lost to suicide is a tragedy | Here to listen Helpline: 116 123
SAM (Self-help APP for the Mind)	Website: Self-help App for the Mind (SAM) | Self-help App for the Mind (SAM) (mindgarden-tech.co.uk)
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
Tomorrow Project	Website: Home - Tomorrow Project Email: tomorrow@harmless.org.uk
YoungMinds	Parents Helpline: 0808 802 5544 Website: www.youngminds.org.uk

Mindfulness and Meditation	
Headspace – MOBILE APP	Website: Meditation and Sleep Made Simple - Headspace
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/
CEOP – The internet, relationships and you	Website: 11-18s | CEOP Education
Childline (removing AI-generated sexually related content)	Website: Report Remove | Childline
Childnet	Website: Childnet — Online safety for young people Email: info@childnet.com Contact number: 020 7639 6967
Cyber Choices	Website: Cyber Choices - National Crime Agency Website: Welcome - Cyber Games UK
Cyber Security Checklist	Website: https://www.eastmidlandscybersecure.co.uk/nottinghamshire

Fake News, Hoaxes and Misinformation	Website: Fake news, hoaxes and misinformation | NSPCC
Internet Matters	Website: Keep Children Safe Online: Information, advice, support - Internet Matters
Internet Watch Foundation (supporting parents remove explicit images from the internet)	Website: Homepage | Internet Watch Foundation (iwf.org.uk)
General Online Safety	Website: Teaching Your Child about Internet & Online Safety | NSPCC Contact Number: 0808 800 5000 (help for adults concerned about a child) Contact Number: 0800 1111 (help for children and young people)
Online sexual harassment	Website: cco_talking_to_your_child_about_online_sexual_harassment_a-guide_for_parents_dec_2021.pdf
Parent Zone – Online guide to understand apps	Website: Keep Children Safe Online: Information, advice, support - Internet Matters
Professionals Online Safety Helpline	Website: Professionals Online Safety Helpline - UK Safer Internet Centre Email: helpline@saferinternet.org.uk Contact Number: 0344 281 4772
Support when nudes and semi-nudes have been shared online	Website: SYGNO V3
Reporting Cyber Fraud	Website: Action Fraud
The Mix	Helpline: 0808 808 4994 Website: The Mix - Essential support for under 25s
Think Before You Share	Website: Need Help with Nudes? Think Before You Share Nudes Online
ThinkUKnow	Website: Thinkuknow - home

Overall Family Support	
The Family Service	Website: The family service | Nottinghamshire County Council Contact Number: 0115 804 1248 Email: early.help@nottscc.gov.uk
Family Lives	Website: www.bullying.co.uk Email: askus@familylives.org.uk Helpline: 0808 800 2222
Family Rights Group	Website: Helping families Helping children - Family Rights Group Advice Line: 0808 801 0366
Home Start	Website: Home-Start UK Email: info@home-start.org.uk Contact Number: 0116 464 5490
Kinship Support Services	Website: Kinship support service | Nottinghamshire County Council Email: kinshipsupport@nottscc.gov.uk Contact Number: 0115 804 1407

	Out of Hours Contact Number: 0800 085 8995
Maggie's (Support for Children and Families Dealing with Cancer)	Website: www.maggies.org Contact Number: 0015 924 6210
National Family Mediation	Website: National Family Mediation Service | We Help Families In Conflict Helpline: 0300 4000 636
Nottinghamshire Family Hub Network	Website: Nottshelpyourself | Families Information Service Website: Family Hub Networks | Nottinghamshire County Council Telephone: 0300 500 80 80 Email: nottsfis@nottscc.go.uk
NSPCC	Website: NSPCC | The UK children's charity | NSPCC Email: help@nspcc.co.uk Free Helpline: 0808 800 5000 (Monday to Friday 10am – 8pm)
Prison Advice and Care Trust (PACT)	Website: Home - Prison Advice and Care Trust Freephone: 0808 808 2003

Overall Health/Support	
Be More Fab (support for children and families affected by cancer)	Website: Home - Be More Fab Email: contact@bemorefab.co.uk
Both Parents Matter	Website: Home | Both Parents Matter Email: admin@fnf.org.uk Helpline: 0300 0300 363
Child / Adolescent to Parent Violence and Abuse (CAPVA)	Website: Directory | Respect Young People's Service
Family Lives	Website: Parenting and Family Support | Family Lives Email: askus@familylives.org.uk Freephone: 0808 800 2222
Healthy Family Teams Contact Details	Website: www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams Advice Line: 0300 123 3387 (option 4) Parent line: 07520 619919 (text only) Chat Health: 07507 329952 (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
Cerebra - Sleep Advice Service	Website: Sleep Advice Service - Cerebra
The Mix	Helpline: 0808 808 4994 Website: The Mix - Essential support for under 25s
SHIELD (NTU programme to support young identify and understand	Website: Information for young learners | Nottingham Trent University (referral to be made by school)

issues that may be impacting on their education)	
Your Health Notts	Website: Home - Your Health Nottinghamshire (yourhealthnotts.co.uk) Contact Number: 0115 772 2515

Radicalisation Concerns	
Acting Early (Prevent Radicalisation and Extremism)	Website: https://actearly.uk/
Prevent	Website: Prevent | Nottinghamshire Police Contact Number: 101 (extension 8002963 or 8002965) Email: prevent@nottinghamshire.pnn.police.uk

School Refusers	
Action for Children	Website - What is school refusal and what can I do about it? (actionforchildren.org.uk)

Self-Harm	
Alumina	Website: Alumina | Selfharm Email: helloalumina@youthscape.co.uk
Harmless	Website: www.harmless.org.uk Referral form: Support Available - Harmless Out of hours referral from (out of hours sessions take place in East Leake on Thursday evenings between 6pm-11pm): https://docs.google.com/forms/d/e/1FAIpQLSdkluJ_OVlVJGc3MgtI6Afod4US8Ur3GUlW37sL7l-JWbM-JA/viewform?usp=sf_link Contact number: 0115 880 0280 Email: info@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
ADDiSS (ADHD Information Services)	Website: ADDISS Contact Number: 020 8952 2800 Email: info@addiss.co.uk
Autism East Midlands	Website: Providing help and support to autistic people… | Autism East Midlands Email: enquiries@aem.org.uk Contact Number: 01909 506 678

Contact	Website: Contact: the charity for families with disabled children Email: helpline@contact.org.uk Free Helpline: 0808 808 3555
Coram (Family Lives) - Parenting Neurodivergent Children (Online Course)	Website: Parenting Neurodivergent Children online course - Coram Family Lives Email: services@coramfamilylives.org.uk Helpline: 0808 800 2222 Whatsapp: 07441 444125
The Challenging Behaviour Foundation	Website: Homepage for The Challenging Behaviour Foundation - Making a difference to the lives of people with severe learning disabilities Email: support@thecbf.org.uk Contact Number: 0300 666 0126

Sexual Abuse/Harassment Support	
ChildLine (Support for Professionals)	Helpline: 0808 800 5000
Children's and Young People's Sexual Assault Service (CYPSAS)	Website: East Midlands Children and Young People's Sexual Assault Service - East Midlands Children and Young People's Sexual Assault Service Advice Line: 0800 183 0023
Disrespect Nobody	Website: [ARCHIVED CONTENT] Disrespect NoBody | Find out about healthy relationships, relationship abuse, consent and more. (nationalarchives.gov.uk)
IMARA Support	Website: www.imara.org.uk Contact Number: 0800 183 0023 Email: info@imara.org.uk
Lucy Faithfull Foundation	Website: Lucy Faithfull Foundation - Preventing child sexual abuse Free Help Line: 0808 1000 900
Rape Crisis	Helpline: 0808 802 9999 Website: Home | Rape Crisis England & Wales
Shore	Website: Home - Shore
Stop it now	Website: Stop It Now - Preventing child sexual abuse Contact Number: 0808 100 090
Survivor's Trust	Helpline: 0808 801 0818 Website: The Survivors Trust
Talking Forward (providers support for those impacted by family members who are accused of an online sexual offence)	Website: Talking Forward. Peer support after the knock. Leeds and wide. Email: info@talkingforward.co.uk
ThinkUKnow	Website: Thinkuknow - home
We Stand	Website: We Stand Email: support@westand.org.uk

	Free Helpline: 0800 980 1958

Sex and Relationships (including consent)	
C:Card Nottinghamshire	Website: Nottinghamshire Sexual Health Website
Coram (Family Lives)	Website: Sex and relationships - Coram Family Lives

Support for students with terminally ill family members	
Hope Support	Contact Number: 01989 566317 Website: How Hope helps – Hope Support Services
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
Maggie's (Support for Children and Families Dealing with Cancer)	Website: www.maggies.org Contact Number: 0115 924 6210

Urgent Safeguarding Concerns	
Dealing with a disclosure advice (professionals only)	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

Victim Support	
Remedi	Website: What We Do: Victim Services | Remedi (remediuk.org)

	Email: rj@remediuk.org Contact Number: 0114 253 6669

Young Carers	
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@nottscc.gov.uk
Young Carers Community (Young Carers Assessment)	Contact Number: 01623 433 500 Email: early.help@nottscc.gcsx.gov.uk
Young Carers Notts (Identification and Supporting)	Website: HOME | Young Carers Notts Contact Number: 0115 824 8824 Email: youngcarers@tuvida.org