

Service Name	Description	Website / Contact
<b>Nottingham City CAMHS (Children &amp; Adolescent Mental Health Services)</b>	City Council CAMHS team 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.  Crisis Resolution Home Treatment Team	<a href="https://www.nottinghamshirehealthcare.nhs.uk/camhs-young-people">https://www.nottinghamshirehealthcare.nhs.uk/camhs-young-people</a>  <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.  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>  <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>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>  Email: <a href="mailto:fip@nottinghamcity.gov.uk">fip@nottinghamcity.gov.uk</a> 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>  <a href="mailto:counselling@base51.org.uk">counselling@base51.org.uk</a> 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>
<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> <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>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>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.	<a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a>
	Helpline	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>  Or call 116 123
<b>Papyrus</b>	Prevention of Young Suicide charity  Confidential suicide prevention advice (HOPELINE UK)	<a href="https://www.papyrus-uk.org/">https://www.papyrus-uk.org/</a>  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>  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="http://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="http://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="http://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="http://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="http://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>