

## Nottingham Signposting Services

Youth Services		
<b>NGY My place (Base 51)</b>	29-31 Castle Gate, Nottingham NG1 7AR 0115 952 5040 0115 704 3114 Open: 9am – 9pm Monday – Friday 12pm -9pm Saturday 12pm – 6pm Sunday	NGY is Nottingham's £5million youth centre in the heart of the city centre NGY also has a café, gym, training room, computer room and outside courtyard as well as access to NHS, counselling and careers services
Self-Harm Support		
<b>Selfharm.co.uk</b>	www.RU-OK.com	
<b>Harmless</b>	0115 9348445 www.harmless.org.uk info@harmless.org.uk	Harmless is a user led organisation that provides a range of services about self harm including support, information, training and consultancy to people who self harm, their friends and families and professionals. Monday – Friday 9:00am – 5:00pm
<b>The Tomorrow Project</b>	Email: tomorrowproject@harmless.org.uk www.tomorrowproject.org.uk	The Tomorrow Project was set up to support those that have been affected by suicide.
<b>HOPELineUK</b>	Helpline: 08000684141	A confidential helpline service staffed by trained professionals who can give support, practical advice and information to anyone concerned that a young person they know may be at risk of harming themselves. The helpline is open Monday – Friday 10am – 5pm and 7pm –
Mental Health		
<b>CAMHS – Childrens and Adolescent Mental Health Services</b>	0115 876 4000	
<b>Young Minds</b>	0808 802 5544 ymenquiries@youngminds.org.uk	Offer free, confidential online and telephone support, including information and advice, to any adult worried about the emotional problems, behaviour or mental health of a child or young person up to the age of 25. Monday to Friday between 9:30am-4pm.
<b>SANELINE</b>	Helpline: 0845 7678000 www.sane.org.uk or sanemail@sane.org.uk	SANELINE is a national, 7 days a week, out-of-hours telephone helpline for anyone coping with mental illness, including concerned relatives or friends.

<b>SMaRT</b>	Helpline: 0800 561 0072	A confidential out-of-hours helpline for people who are registered with a Nottingham GP. Offers listening and signposting service and helps people to understand access and navigate local mental health services. Monday – Friday 5:00pm to 9:00am and 24 hours over weekends and bank holidays
<b>General Helplines</b>		
<b>Emergency Services</b>	999	Emergency response from Police, Fire Service and Ambulance Service
<b>NHS Direct</b>	Helpline: 111	National nurse-led helpline providing medical advice, non-emergency helpline. 24/7
<b>Non-emergency Police</b>	101	Non-emergency line for Police services to report incidents that have already occurred or where there is no immediate threat to property or persons – Will escalate to emergency if suitable
<b>Samaritans</b>	<a href="http://www.samaritans.org.uk">www.samaritans.org.uk</a> 08457 90 90 90	Listening service: We offer a safe place for you to talk any time you like, in your own way – about whatever’s getting to you. You don’t have to be suicidal.
<b>Childline</b>	0800 1111 <a href="http://www.childline.org.uk">www.childline.org.uk</a>	Childline is yours – a free, private and confidential service where you can be you. Whatever your worry, whenever you need help, however you want to get in touch. We’re here for you online, on the phone, anytime. Bullying, eating disorders, abuse
<b>Emergency Duty team</b>	Helpline 0115 876 5600 <a href="http://www.nottinghamcity.gov.uk/emergencyduty">www.nottinghamcity.gov.uk/emergencyduty</a>	The City’s Emergency Duty Team provides help, advice and assistance when day service teams and social workers are not available.
<b>Nottingham Womens Centre</b>	<a href="http://www.nottinghamwomenscentre.com">www.nottinghamwomenscentre.com</a> Nottingham Women’s Centre, 30 Chaucer Street, Nottingham, NG1 5LP <b>Email:</b> <a href="mailto:admin@nottinghamwomenscentre.com">admin@nottinghamwomenscentre.com</a> <b>Telephone:</b> 0115 941 1475 <b>Opening hours:</b> 9am – 5pm, Monday to Friday (excluding Bank	Nottingham Women’s Centre is run by women, for women. We aim to help all women to gain the confidence and skills to achieve their potential and become stronger and more independent. We provide a safe and supportive environment in which women can do this, either by taking part in training or activities, getting support and services, or campaigning and becoming active in bringing about change.



	Holidays)	
<b>Children's Social Care</b>	Helpline: 0115 876 5600	Support for parents and families
<b>MIND</b>	Helpline: 0115 985 8735 www.mind.org.uk	Mind supports over 400,000 people across England and Wales. Their services include supported housing, crisis helplines, drop-in centre's, employment and training schemes, counselling and befriending.
<b>Housing</b>		
<b>Central Access point</b>	0115 850 4080 www.centralaccesspoint.org	The Central Access Point (CAP) provides a fast and effective referral route for housing related support services in Derbyshire & Nottingham City.
<b>Nottingham Community Housing Association</b>	Telephone: 0800 013 8555 Email: info@ncha.org.uk	Nottingham Community Housing Association (NCHA) is one of the largest locally-based housing groups in the East Midlands, managing over 8,900 homes and housing more than 15,000 tenants in Nottinghamshire, Derbyshire, Lincolnshire, Leicestershire, Northamptonshire and Rutland. Monday - Friday 9:00am - 5:00pm
<b>Hope Community Services</b>	Helpline: 01909 489 990	Provides housing advice and emergency accommodation. A range of day services for homeless and vulnerable people. 24 hours a day
<b>Emmanuel House</b>	Helpline: 0115 950 7140	Supports homeless, vulnerable or isolated adults in and around Nottingham
<b>Victim Support / Survivors of Domestic Violence</b>		
<b>Victim Support</b>	Helpline: 0808 168 9111	A support service to those that have been a victim of crime. Weeknights 8pm to 8am, weekends Saturday 5pm to Monday 8am
<b>Women's Aid Integrated Services (WAIS)</b>	24Hr Freephone Helpline 0808 800 0340 Calling from agencies: 0115 947 6490 Email: enquiries@wais.org.uk	WAIS are a free, confidential and independent charity working with women and their children who have been affected by domestic abuse. They have over 30 years' experience and are passionate about helping women and their



		children to stay as safe as possible and to recover from the harm of domestic abuse.
<b>Nottingham Rape Crisis Centre</b>	Helpline: 0115 9410440	Nottingham Rape Crisis Centre is a registered charity that supports women over the age of 13 in Nottinghamshire who have experienced any form of sexual violence.
<b>Substance abuse and misuse services</b>		
<b>CGL</b>	<a href="https://www.changegrowlive.org/young-people/cgl-journey-nottingham">https://www.changegrowlive.org/young-people/cgl-journey-nottingham</a> 0115 948 4314	CGL Journey is a free and confidential drug and alcohol service for young people up to the age of 19 (including offenders), families and carers in Nottingham.
<b>Narcotics Anonymous</b>	Helpline: 0300 999 1212 (to find a local group)	For anyone with a drug problem who has a desire to stop
<b>Alcoholics Anonymous</b>	Helpline: 0115 941 7100 (to find a local group)	Helps those that are alcohol dependent in order to aid sobriety. Open 365 days a year 8:00am – Midnight
<b>Nottingham Recovery Network</b>	Helpline: 0800 066 5362 <a href="http://www.nottinghamrecoverynetwork.com">www.nottinghamrecoverynetwork.com</a> 73 Hounds Gate Nottingham NG1 6BB	Providing a single point of free support, advice and treatment to people who use alcohol and drugs in a problematic way across Nottingham City
<b>Double Impact</b>	team@doubleimpact.org.uk tel. 0115 824 0366	Drug and Alcohol recovery support. Supporting individuals through recovery into homes, education, and employment.