



Please see below services that may be able to offer you additional support.

LOCAL SUPPORT SERVICES

Notts Help Yourself - SEND Local Offer

<https://www.nottshelpyourself.org.uk>

Ask Us Nottinghamshire

<https://askusnotts.org.uk/support>

Helpline: 0800 121 7772

Healthy Family Teams

<https://www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams>

Parentline: TEXT: 07520 619919

Chat Health: TEXT: 07507 329952

Main Advice Line: Tel: 0300 123 3387

Mon-Fri 9:00am-4:30pm

The Family Service

<https://www.nottinghamshire.gov.uk/care/children-social-care/family-services>

Tel: 0115 804 1248

Email: early.help@nottscg.gov.uk

SLEEP

The Sleep Charity

<https://thesleepcharity.org.uk>

Email: info@thesleepcharity.org.uk

Tel: 01302 751416

Teen Sleep Hub

<https://teensleephub.org.uk>

Teen Support - This is part of The Sleep Charity above.

MENTAL HEALTH NOTTS

NottAlone

<https://nottalone.org.uk/>

Local mental health advice and help for young people in Nottingham and Nottinghamshire.

CAMHS

<https://www.nottinghamshirehealthcare.nhs.uk/camhs-parents-and-carers>

CAMHS Single Point of Access for self-referral:

Tel: 0115 854 2299 or complete this form:

<https://www.nottinghamshirehealthcare.nhs.uk/camhs-self-referral>

CAMHS Crisis Team for urgent assistance: 0115 844 0560

B U Notts

<https://www.beusupport.co.uk>

Tel: 0115 708 0008

CASY Counselling

<https://www.casy.org.uk>

Tel: 01636 704620

MENTAL HEALTH NATIONAL

Young Minds

<https://youngminds.org.uk>

Kooth

<https://www.kooth.com>

Mind

www.mind.org.uk

The Samaritans

www.samartians.org

Tel: 08457 90 90 90



AUTISM

NHS

<https://www.nhs.uk/conditions/autism>

Autism East Midlands

<https://www.autismeastmidlands.org.uk>

Tel: 01909 506678

National Autistic Society

<https://www.autism.org.uk>

Ambitious About Autism

<https://www.ambitiousaboutautism.org.uk>

ADHD

NHS - <https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/>

ADHD Foundation

<https://www.adhdfoundation.org.uk/>

TOILETING

Eric, The Children's Bowel and Bladder

Charity <https://www.eric.org.uk>

Free Helpline: 0808 169 9949

LGBTQ+

Gender Identity Support for Parent/Carers

<https://gids.nhs.uk/>

LGBT+ Service Nottinghamshire

<https://www.lgbtplusnotts.org.uk/>

SELF-HARM

Harmless

www.harmless.org.uk

Young Minds

www.youngminds.org.uk/find-help/feelings-and-symptoms/self-harm

Online Support for 11-19's

www.selfharm.co.uk

Calm Harm app

www.calmharm.co.uk

Child Line

Tel: 0800 11 11