

**MENTAL HEALTH
SERVICES**

**NOTTINGHAMSHIRE
COUNTY**



#REALPEOPLE

**INFORMATION ABOUT LOCAL MENTAL HEALTH SERVICES
FOR YOUNG PEOPLE IN NOTTINGHAMSHIRE COUNTY**



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**LEADERS
UNLOCKED**



KEY



CAMHS Crisis Resolution & Home Treatment

0 - 18yrs.

Who is this for? Young people who are experiencing mild to complex emotional and mental health difficulties. **What do they offer?** CAMHS will complete an initial assessment with you to determine what treatment options may be helpful. This could include group or 1-1 treatment, it can also include family sessions and/or parent sessions.

How can I access it? For more information about the service and how to access please phone or visit the website.

Phone: 0115 854 2299

Website: nottinghamshirehealthcare.nhs.uk/camhs-young-people

11 - 24yrs

Who is this for?

Young people who want to talk to a mental health professionals online, anonymously and free.

What do they offer?

Drop in or bookable online text based counselling sessions along with messaging, discussion forums and self-help. Counselling available 12pm – 10pm weekdays and 6pm-10pm weekends. Young people will also have access to message forums, articles and a range of self-help guidance.

How can I access it?

Young people can register directly through kooth.com

0-18 years

Who is this for?

Young people who are experiencing a mental health crisis such as those who are at risk of immediate and significant self-harm.

What do they offer?

Provide intensive support, determined at the point of assessment and reviewed on a daily basis, until the crisis is resolved or more appropriate services are identified to meet the current needs within a maximum of up to 6 weeks. The service operates 8am to 10pm during the week and 10am to 6pm at the weekend.

How can I access it?

For more information about the service and how to access please phone or visit the website.

Phone: 0115 854 2299 or 0115 844 0560

Website: nottinghamshirehealthcare.nhs.uk/camhs-crisis-team

12 - 25yrs.

Who is this for?

Young people living within the South of the County who want to access emotional health and wellbeing services, including counselling and crisis drop-in sessions.

What do they offer?

1-1 Counselling sessions, crisis support and advice and guidance for a range of emotional health needs.

How can I access it?

Young people do not need a referral to access this service. For further information please phone, email or drop in.

Phone: 0115 952 5040

Email: counselling@base51.org.uk

Drop in: NGY 29-31 Castle Gate, Nottingham NG1 7AR
(Monday – Friday 9am – 8pm)



Health for Teens Safe Time

& Health for Kids

Who is this for?

Children and young people across Nottinghamshire who need more information about local services, advice and guidance.

What do they offer?

Bite sized information about health and wellbeing directing young people to the most appropriate local services and support.

How can I access it?

Direct access via:

Website: healthforteens.co.uk or www.healthforkids.co.uk

0 - 18yrs

Who is this for?

Young people aged 17 and under who are a victim/survivor of sexual exploitation or sexual abuse.

What do they offer?

Therapeutic support for young people to minimise the impact of the abuse on their emotional wellbeing and mental health and increase their resilience.

How can I access it?

Young people, parents/carers or professionals can refer via:

Phone: 0115 960 6975

Email: safetimeadmin@childrenssociety.org.uk

Freed Beeches

Local Services – Young adults

14+

Who is this for? Young people and adults who are suffering from mild/moderate eating disorders including anorexia nervosa, bulimia nervosa and OSFED (other specified feeding and eating disorder).

What do they offer? Counselling, Cognitive Behavioural Therapy, Psychotherapy, group sessions, psycho-education and dietetic advice.

How can I access it? For more information about the service and how to access please phone, email or visit the website.

Phone: 0190 947 9922

Email: info@freedbeechees.org.uk

Website: freedbeechees.org.uk/service-access

Healthy Family Teams

0 - 19

Who is this for?

Young people and their families who need support from a range of healthcare professionals including health visitors and school nurses.

What do they offer?

Children, young people and families will receive care and a variety of support from this service from before birth through to their late teens.

How can I access it?

ChatHealth – A texting service offering 11-19 year olds confidential advice

Text – 0750 732 9952

For more information please visit: **website:**
nottinghamshirehealthcare.nhs.uk/healthy-family-teams

There are a range of services across Nottinghamshire for young adults aged 18+ to support with mental health and emotional wellbeing. For more information please visit the following websites:

Crisis Resolution and Home Treatment
Website: nottinghamshirehealthcare.nhs.uk/crht

Local Mental Health Teams

Website:
nottinghamshirehealthcare.nhs.uk/local-mental-health-teams

Let's Talk – Wellbeing
nottinghamshirehealthcare.nhs.uk/letstalkwellbeing

Insight Healthcare – Talking Therapies
insighthealthcare.org/our-services/talking-therapies/find-a-service/nottinghamshire

Trent PTS (Psychological Therapies Service) trentpts.co.uk

For more information about support groups in your local area please visit:

Notts Help Yourself (service directory)

Website:
nottshelpyourself.org.uk/kb5/nottinghamshire/directory/home.page

