



# Your digital guide to mental health services in Nottingham and Nottinghamshire

**NHS**  
Nottingham and  
Nottinghamshire

## Crisis Line

Nottingham and Nottinghamshire Crisis Line is open to anyone, 24/7.  
**Age range:** All age.  
**Access details:** Self-referral, family, carer and professional referral.  
**Coverage:** Nottingham City and Nottinghamshire.  
**Phone:** 0808 196 3779  
**Website:** [www.nottinghamshirehealthcare.nhs.uk/help-in-a-crisis](http://www.nottinghamshirehealthcare.nhs.uk/help-in-a-crisis)  
For callers who are deaf or hard of hearing: 0115 8760111

**NHS**  
Nottinghamshire Healthcare  
NHS Foundation Trust

## Text Shout

Text service run 24/7 in partnership with SHOUT. Free, confidential mental health text support  
**Age range:** All age.  
**Access details:** Self-referral.  
**Coverage:** Nottingham City and Nottinghamshire.  
**Contact:** Text the word SHOUT to 85258.

**shout**  
**85258**  
here for you 24/7

## Nott Alone

A dedicated website providing mental health information and support to young people with links to local support.  
**Age range:** Under 25 (currently being expanded to cover all ages)  
**Access details:** Self, carer, parent or professional.  
**Coverage:** Nottingham City and Nottinghamshire.  
**Website:** [www.nottalone.org.uk](http://www.nottalone.org.uk)

**Nott**  
**Alone**

## Talking Therapies

Free, effective, confidential treatments to help with common mental health problems like anxiety, stress and depression.  
**Age range: 18+**  
**Access details:** Self-referral or via a GP.  
**Coverage:** Nottingham City and Nottinghamshire.  
**Phone:** 0333 188 1060  
**Website:** [www.notts-talk.co.uk](http://www.notts-talk.co.uk)

**NHS**  
Nottingham and  
Nottinghamshire  
Talking Therapies

## Every Mind Matters

NHS website-based guidance to help lift mood or ease anxiety. Help includes an email programme which offers expert tips to deal with anxiety, and a six-week programme to help improve sleep. It also provides CBT techniques and advice to help others who are struggling with their mental health.  
**Website:** [www.nhs.uk/every-mind-matters](http://www.nhs.uk/every-mind-matters)

every mind  
matters

## Crisis Sanctuaries

Nottinghamshire Crisis Sanctuaries help with support with a mental health crisis or issue.  
**Age range:** 18+  
**Access details:** Self-referral  
**Coverage:** Nottingham City and Nottinghamshire County  
**Contact:** Chilwell - Nottinghamshire Mind, 318 High Road, 6pm-11pm every day.  
Mansfield – top of St John Street, 4pm-9pm every day.  
Worksop – Hardy Street, 5pm-10pm (Weds – Sat)  
Nottingham City – The Wellbeing Hub, 73 Hounds Gate, 7pm-11pm every day.  
**Phone** 0330 822 4100 (4pm-11pm) [Nottinghamshirecrisis-sanctuaries.tv](http://Nottinghamshirecrisis-sanctuaries.tv)



## Harmless services

*The Tomorrow Project* - support and advice for anyone affected by suicide  
**Access details:** self-referral, carer and professional referral  
**Contact:** [www.tomorrowproject.org.uk](http://www.tomorrowproject.org.uk)  
*Crisis* – Tomorrow Project Support for those experiencing suicide crisis (not 24/7)  
**Access details:** self-referral  
**Contact:** Website: [www.harmless.org.uk/crisis-form-nottinghamshire](http://www.harmless.org.uk/crisis-form-nottinghamshire)  
Email - [crisis@tomorrowproject.org.uk](mailto:crisis@tomorrowproject.org.uk)  
*Self Harm* - includes counselling and psychotherapy  
Access details: self-referral, family, carer and professional referral  
**Contact:** Email - [info@harmless.org.uk](mailto:info@harmless.org.uk)  
**Website:** [www.harmless.org.uk/self-harm-form-nottinghamshire](http://www.harmless.org.uk/self-harm-form-nottinghamshire)

**HARMLESS**  
SUPPORT • INFORMATION • TRAINING • CONSULTANCY

## Be U Notts

Free and accessible mental health and emotional wellbeing support service for children and young people and their parent/carer.  
**Age range:** 0-25 years  
**Access details:** Self-referral, parent carer and professional referral.  
**Coverage:** Nottingham City and Nottinghamshire (except Bassetlaw).  
**Contact:** Phone: 0115 708 0008 (9am-5pm).  
Website: [www.beusupport.co.uk](http://www.beusupport.co.uk)  
*Bassetlaw*  
Kooth: 24/7 mental health support and awareness by text and online.  
**Contact:** Website – [www.kooth.com](http://www.kooth.com)  
Talkzone: Support for those aged 11-25  
**Website:** [www.talkzone.org.uk](http://www.talkzone.org.uk)

**Be U** N OTTS  
SUPPORT WHEN YOU NEED IT

Together we  
can prevent  
suicide  
**Suicide**  
It's ok to talk about it  
[www.nottinghamshire.gov.uk/suicide](http://www.nottinghamshire.gov.uk/suicide)