



Your digital guide to mental health services in Nottingham and Nottinghamshire



Crisis

111 Option 2

Age range: All age.

Access details: Self-referral, family, carer and professional referral.

Coverage: Nottingham City and Nottinghamshire.

Phone: 111 Option 2

Website: www.nottinghamshirehealthcare.nhs.uk/help-in-a-crisis

For callers who are deaf or hard of hearing: 0115 8760111



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



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



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



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) <https://nottscrisissanctuaries.org.uk>



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

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

Email - 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

Website: www.harmless.org.uk/self-harm-form-nottinghamshire



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

Bassetlaw

Kooth: 24/7 mental health support and awareness by text and online.

Contact: Website – www.kooth.com

Talkzone: Support for those aged 11-25

Website: www.talkzone.org.uk



This information is available in an accessible format at
<https://notts.icb.nhs.uk/your-health/mental-health/>