

Sources of support for children, young people and their families

Cruse Bereavement Bereavement counselling service.  https://www.cruse.org.uk	NHS 111 Health advice from healthcare professionals.  111.nhs.uk Go to 111.nhs.uk or dial 111 anytime.	Childline Get help and advice about a wide range of issues.  Call 0800 1111 or go to www.childline.org.uk	Fearless 'Crimestoppers' for young people aged 11-16 years.  Call 0800 555 111 or go to www.fearless.org
Base 51 Nottingham-based face to face counselling and drop-in service.  www.base51.org	Papyrus Support for people experiencing suicidal thoughts.  Call 0800 0684141 or go to www.papyrus-uk.org	Harmless Provides support, information, training and consultancy about self-harm to individuals who self-harm, their friends, families and professionals.  https://harmless.org.uk	CEOP Protect children and young people from online sexual abuse.  https://www.ceop.police.uk/Safety-Centre/
Chat Health Confidential text service for young people aged 11-19 to ask for help about a range of issues.  https://chathealth.nhs.uk	Kooth Online mental health support for young people.  https://www.kooth.com	NHS Crisis Line Call the NHS Crisis Line on 0808 196 3779 or dial 111 and select option 2. Available 24/7 to people of all ages. 	Young Minds Mental health support for children and young people and their parents/ carers.  www.youngminds.org.uk
Nott Alone Local mental health advice and help for people <25 in Nottinghamshire.  https://nottalone.org.uk	NSPCC Children's charity specialising in child protection and the prevention of child abuse.  www.nspcc.org.uk	Samaritans Whatever you're going through, a Samaritan will face it with you.  Call free on 116 123 or go to www.samaritans.org	Shout Free, confidential, 24/7 text messaging support service.  Text 'SHOUT' to 85258 or go to https://giveusashout.org
Be U Support Free early mental health and emotional wellbeing support service for children and young people in Nottinghamshire.  www.beusupport.co.uk	Change Grow Live Drug and alcohol support for people and their families.  https://www.changegrowlive.org	Beat Eating Disorders Support for eating disorders.  Go to http://www.b-eat.co.uk/ or call 0808 801 0711 (Youth) or 0808 801 0677 (Adults)	Notts LGBT+ Network Information and support for LGBT+ people.  Go to https://www.nottslgbt.com, call 0115 934 8485 or text 07481 344040