

Calm Harm App

Calm Harm is an award winning free app available to download. It provides tasks to help resist or manage the urge to self-harm.

Website: www.calmharm.co.uk

Clear Fear App

The fear of threat, or anxiety, is like a strong gust of wind. It drags you in and makes you want to fight it or run away.

Instead, face your fear the free Clear Fear app and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.

Website: www.clearfear.co.uk

Kooth

Kooth is a free, safe and anonymous online support for young people

Website: www.kooth.com

SANE

Sane is a leading UK mental health charity who works to improve the quality of life for anyone affected by mental illness.

Website: www.sane.org.uk

Tel: 02038051790

Email: info@sane.org.uk

Samaritans

Changing the way we think about suicide.

Tel: 116123

Website: www.samaritans.org

Email: jo@samaritans.org

Address: 18 Clarendon Street
Nottingham
NG1 5HQ

Frank

Honest information about drugs

Text: 82111

Website: www.talktofrank.com

Tel: 03001236600

Email: frank@talktofrank.com

Base 51

Base 51 Counselling Service provides time and space for you people to talk about their troubles and explore difficult feelings in an environment which is dependable, free from intrusion and confidential.

Tel: 01159525040

Email: counselling@base51.org.uk

Children's Mental Health Services Nottingham



Which service is right for you?

Social Media

It is important to be careful when using social media sites which can sometimes create feelings of anxiety, inadequacy and be a source of bullying.



Children's Mental Health Matters!

Radford Medical Practice

Wellness in Mind

Wellness in Mind provides information, advice and support for anyone in Nottingham experiencing issues with their mental wellbeing. The Service will help people understand mental health issues and connect people to the services which may best support them.

Tel: 08005610073

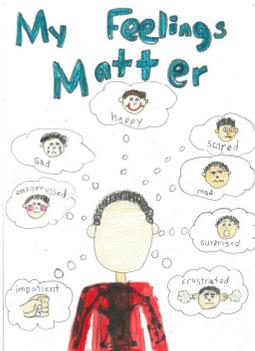
Website: www.wellnessinmind.org

**Address: Wellness in Mind
Nottingham Wellbeing Hub
73 Hounds Gate**

BEM Nottingham

The Behavioural and Emotional Health Team at Nottingham CityCare is there to help families identify and access the support services available for children and young people with behavioural, emotional or mental health needs.

Website: www.bemhnottingham.co.uk



ChillPanda App

Chill Panda is an app available for download which helps children better understand their stress and shows them ways to feel better;

- * Breathing techniques
- * Yoga
- * Exercise
- * Calming Games

Anxiety is a natural response that helps your body escape danger. This increases your heart rate and the force of each beat. This can be a normal response if you are in danger or doing an activity like exercising. But sometimes people's heart rate increases in everyday life if they are feeling stress or worry and this includes children's.

ChillPanda allows children to understand this relationship and gives them tools to deal with their anxiety and worry.

Website: www.chillpanda.co.uk



YoungMinds

Youngminds are leading the fight for a future where all young minds are supported and empowered, whatever the challenges. They are there to make sure young people get the best possible mental health support and have the resilience to overcome life's difficulties.

Website: www.youngminds.org.uk

CAMHS

CAMHS stands for Child and Adolescent Mental Health Services. It's the part of the NHS which helps children and young people who have problems with their thoughts or feelings.

If you are aged between 12 and 18 years old you can self-refer to CAMHS.

Tel: 0115 8542299

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

