

Last Orders—Last Orders offers confidential and practical advice and delivers a range of local alcohol services.

Tel: 01159709590

www.nottinghamrecoverynetwork.com

Email: lastorders@frameworkha.org

Stop smoking advice—Stub It! - For those wanting to stop smoking.
Appointment to be booked via your GP surgery.

Topaz—Provides sensitive and dedicated services that meets the needs of victims of rape and serious sexual assault. You do NOT have to report to the police to access this service.

www.topazcentre.org.uk

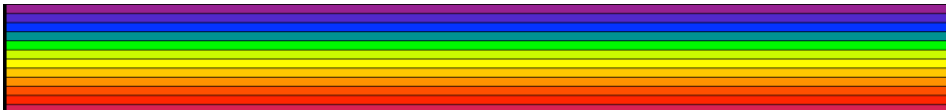
Tel: 08456001588

Email: support@topazcentre.org.uk

Nottingham Recovery Network Nottingham recovery networks aim is to provide free information, advice and treatment to those concerned about drug use.

Tel: 0800665362

www.nottinghamrecoverynetwork.com/help-with-drugs/



Radford Medical Practice Psychological Support



Help in a mental health crisis

The crisis line is open 24 hours a day, seven days a week, to people of all ages.

Tel: 0808 196 3779

Free NHS Services

- **Nottinghamshire Talking Therapies** - free, confidential service that can help with common mental health problems such as stress, anxiety, and low mood.

www.notts-talk.co.uk

- **NCS – Nottingham Counselling Centre** – a supportive, confidential, and professional counselling service

Tel: 0115 9501743

www.nottinghamcounsellingcentre.org.uk



Living life to the full—Online course covering low mood, stress and resiliency. Cost to use this service £15.00.

www.llttf.com

Papyrus—Papyrus is a charity for the prevention of young suicide

Tel: 08000684141

<https://papyrus-uk.org/>

Survivor support service—Providing support to those who have experienced childhood sexual abuse.

Tel: 0115 9470064

[Www.nottssvss.org.uk/contact/](http://www.nottssvss.org.uk/contact/)

Email Counselling Free

Xenzone limited (KOOH) - Kooth is an award winning free service providing online, school and community based counselling, support and advice to young people aged 10-24 in Nottingham City.

www.kooth.com

Alcoholics Anonymous—AAs purpose is to staying sober and help the still suffering alcoholics to achieve sobriety.

Tel: 01159417100

www.nld-aa.org.uk/

Email: help@alcoholics-anonymous.org.uk

Signposting and early support

Wellness in Mind—Wellness in Mind provides information, advice and support for anyone in Nottingham experiencing issues with their mental health.

Drop in: Nottingham Wellbeing Hub

73 Hounds Gate

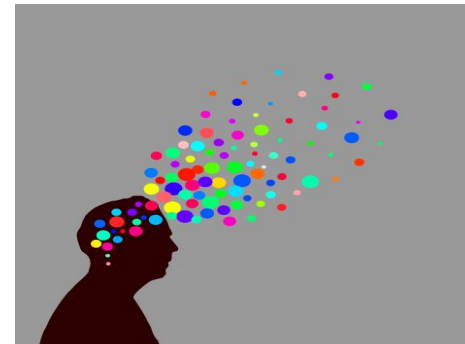
Nottingham

NG1 6BB

Tel: 08005610073

www.wellnessinmind.org

Email: info@wellnessinmind.org



TRANS4ME

An open group for young people who identify as transgender

Tel: 07908435578

Email:

camhs.sharp@nottinghamcity.gov.uk

Sharp 4 parents—Self-Harm Awareness & Resource Project

Free virtual workshops

SHARP continue to ensure that support is available for parents/carers.

Help you help your child

Email: camhs.sharp@nottinghamcity.gov.uk

**Phone Apps available for Mindfulness or
Meditation**

- Headspace
- Calm



Other Services:

- **RISE**—For those afraid of someone at home or in a violent relationship.

Tel: 08088000340

Men's advice line: 08088010327

Email: citysupport@wais.org.uk

- **The Samaritans**—Available to be contacted regarding anything that is troubling you. Tel: 08457909090 Email: jo@samaritans
- **SMART**—SMART will provide a listening ear, emotional support, signposting and referrals onto other services for individuals and carers of people experiencing mental distress. Tel: 08005610072 Text: 07506628693

Email: smartusers@ncha.org.uk

Notts 85258 mental health text messaging service

Text NOTTS to 85258 for free, confidential support 24/7

**Free information about Mental Health
Issues and Self Help Groups**

- **Moodjuice**— for panic www.moodjuice.scot.nhs.uk/panic.asp
- **Moodjuice**—for social anxiety

www.moodjuice.scot.nhs.uk/shynesssocialphobia.asp

**I AM IN
CHARGE
OF HOW I
FEEL AND
TODAY I AM
CHOOSING
HAPPINESS.**

CBT online—(with a charge)

- **Beating the Blues**—Beating the blues is an effective, proven treatment for sufferers of depression and anxiety. Cost to use this service £49.99.

<http://www.beatingtheblues.co.uk/>

- **MoodGYM**—MoodGYM is an innovative, interactive web program designed to prevent depression. It consists of five modules, an interactive game, anxiety and depression assessments, downloadable relaxation audio, a workbook and feedback assessment. Cost to use this service £25:00

<https://moodgym.anu.edu.au/welcome>

Self-Harm

- **Harmless**—A national voluntary organisation for people who self-harm, their friends, family and professionals.

www.harmless.org.uk Email: info@harmless.org.uk

Help in a crisis - out of hours service available on Monday & Thursday 6pm-11pm. Call **07925584716**

- **Talk about selfharm blog** —<http://talkaboutselfharm.blogspot.co.uk>
- **Calm Harm**—Phone app helping resist the urge to self-harm.

British Association of Behavioural and Cognitive Psychotherapies—providing a list of psychotherapists all over the country.

www.babcp.com

Freed—Worried about eating, weight, shape or someone else?

www.freedfromed.co.uk

The Nottinghamshire Crisis Sanctuaries

Are here to offer support, information and guidance to anyone **18 years or older** in or nearing a mental health crisis. The team is ready to listen and waiting to hear from you on **0115 844 1846**

Opening hours are from 4pm - 11pm every day of the year seven nights a week. Or visit them at The Wellbeing Hub, 73 Hounds Gate, Nottingham, NG1 6BB. Opening times: 6pm - 11pm.

CBT Online Free

MoodMission—Moodmission is evidence based app designed to empower you to overcome feelings of depression and anxiety by discovering new and better ways to cope.

<http://moodmission.com>

Gamblers anonymous— For people with gambling problems needing confidential support.

Tel: 01159726914 www.gamblersanonymous.org.uk

If you or someone you know is showing signs of a gambling addiction or unhealthy gambling behaviours, or is in a crisis situation, please speak directly to a trained advisor via:

24/7 National Gambling Helpline 08088020133

Live Chat www.gamcare.org.uk

Or by direct referral to GamCare East Midlands:

east.midlands@gamcare.org.uk

01522 274880

Nottingham Rape Crisis—Provides support to those who were the victim of rape.

Tel: 01159410440

www.nottinghamrapecrisis.org.uk