

HELP SERVICES

App/Website	Website	What does it offer
Headspace	www.headspace.com	Guided meditation session
Present mind	www.presentmind.org.uk	Mindfulness app
Sleepio	www.sleepio.com	App to aid sleep
Grief encounter	www.griefencounter.org.uk	Bereavement support
Base 51	www.nottshelpyourself.org.uk	Online and face to face counselling support
Childline	www.childline.org.uk	Online and telephone support for young people in distress
Harmless	www.harmless.org.uk	Online support for young people experiencing self-harm
Papyrus	www.papyrus-uk.org/	Suicide prevention charity
Kooth	www.kooth.com	Online counselling and emotional wellbeing support accessible through your mobile, tablet or desktop
Young Minds	www.youngminds.org.uk	General guidance and information regarding mental health
Samaritans	www.samaritans.org Telephone: 116123	Online and phone support for people in distress
Beat	www.beateatingdisorders.org.uk	Support for young people experiencing an eating disorder
CAMHS Crisis Team	CAMHSCrisisTeam@nottshc.nhs.uk	Child and adolescent mental health service
Women's Aid	www.womensaid.org.uk	working together to provide life-saving services and build a future where domestic violence is not tolerated.
National Domestic Violence Helpline	Telephone: 0808 2000247	As a woman fleeing domestic abuse, you may want to access specialist refuge accommodation. The Helpline can help you find a refuge vacancy for you and your children.
The Men's Advice Line	Telephone: 0808 8010327	For male domestic abuse survivors
Children and Families Direct	Telephone: 0115 8764800	Children & Families Direct is the easy way to access family support & safeguarding services within Nottingham City

NSPCC	E-MAIL: help@nspcc.org.uk Telephone: 0808 8005000	UK's leading children's charity fighting to end child abuse
NHS	www.nhs.uk/conditions/coronavirus-covid-19	Advice on Coronavirus