

## Sources of support for children, young people and their families

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