














Sources of support for children, young people and their families

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