



Please see below services that may be able to offer you additional support.

LOCAL SUPPORT SERVICES

Notts Help Yourself - SEND Local Offer

<https://www.nottshelpyourself.org.uk>

Ask Us Nottinghamshire

<https://askusnotts.org.uk/support>

Helpline: 0800 121 7772

Healthy Family Teams

<https://www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams>

Parentline: TEXT: 07520 619919

Chat Health: TEXT: 07507 329952

Main Advice Line: Tel: 0300 123 3387 Mon-Fri 9:00am-4:30pm

The Family Service

<https://www.nottinghamshire.gov.uk/care/childrens-social-care/family-services>

Tel: 0115 804 1248

Email: early.help@nottscc.gov.uk

MENTAL HEALTH:

CAMHS

<https://www.nottinghamshirehealthcare.nhs.uk/camhs-parents-and-carers>

CAMHS Single Point of Access for self-referral: Tel: 0115 854 2299 or complete this form:

<https://www.nottinghamshirehealthcare.nhs.uk/camhs-self-referral>

CAMHS Crisis Team for urgent assistance: 0115 844 0560

CASY Counselling

<https://www.casy.org.uk/>

Tel: 01636 704620

Other Mental Health Websites

NHS - <https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/children-and-young-peoples-mental-health-services-cypmhs/>

Young Minds - <https://youngminds.org.uk/>

Kooth - <https://www.kooth.com/>



TOILETING

Eric, The Children's Bowel and Bladder Charity - <https://www.eric.org.uk/>

FREE HELPLINE: 0808 169 9949

SLEEP

The Sleep Charity - <https://thesleepcharity.org.uk>

Email: info@thesleepcharity.org.uk

Tel: 01302 751416

Teen Sleep Hub - <https://teensleephub.org.uk/> Teen Support - This is part of The Sleep Charity above.

AUTISM

NHS - <https://www.nhs.uk/conditions/autism/>

Autism East Midlands - <https://www.autismeastmidlands.org.uk/>

TEL: 01909 506678

National Autistic Society - <https://www.autism.org.uk/>

ADHD

NHS - <https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/>

ADHD Foundation - <https://www.adhdfoundation.org.uk/>

SELF-HARM

Harmless - www.harmless.org.uk

Young Minds - www.youngminds.org.uk/find-help/feelings-and-symptoms/self-harm

LGBTQ+

Gender Identity Support for Parent/Carers - <https://gids.nhs.uk/>

Parents and Carers LGBT+ Support Service - <https://www.lgbtplusnotts.org.uk/>