INFORMATION ABOUT LOCAL MENTAL HEALTH SERVICES FOR YOUNG PEOPLE IN NOTTINGHAM CITY

#REALPEOPLE

KEY
- Face to face
- Phone
- Online
- Text
- Visit
- Group service
- Immediate help
**Targeted CAMHS**

- **0 - 18 yrs.**
  - **Who is this for?**
    - Children and young people with moderate emotional and/or mental health needs.
  - **What do they offer?**
    - You’ll be able to talk openly about the difficulties you’re experiencing, and explore choices for support. CAMHS will help determine what options may be helpful, discuss and plan together with you and your family. CAMHS offer a range of evidence-based, therapeutic interventions. The service also provides SHARP which helps to raise awareness around self-harm and support to young people through secondary school clinics and one to one sessions.
  - **How can I access it?**
    - For more information:
      - Phone: 0115 876 4000
      - Text: 0786 000 213
      - Email: cypbehm@nottinghamcity.gov.uk
      - Alternatively you can speak to a teacher at school and ask to access a CAMHS Time4me or SHARP drop in session at school.

**CAMHS Crisis Resolution & Home Treatment**

- **0 - 18 yrs.**
  - **Who is this for?**
    - Young people who are experiencing a mental health crisis such as those who are at risk of immediate and significant self-harm.
  - **What do they offer?**
    - Provide intensive support, determined at the point of assessment and reviewed on a daily basis, until the crisis is resolved or more appropriate services are identified to meet the current needs within a maximum of up to 6 weeks. The service operates 8am to 10pm during the week and 10am to 6pm at the weekend.
  - **How can I access it?**
    - For more information about the service and how to access please phone or visit the website.
      - Phone: 0115 854 2299 or 0115 844 0560
      - Website: nottinghamshirehealthcare.nhs.uk/camhs-crisis-team

**Specialist CAMHS**

- **0 - 18 yrs.**
  - **Who is this for?**
    - Young people who are experiencing moderate to severe/complex emotional and mental health difficulties.
  - **What do they offer?**
    - In partnership with Targeted CAMHS, Specialist CAMHS will complete an initial assessment with you to determine what treatment options may be helpful. This could include group or 1-1 treatment, it can also include family and / or parent sessions.
  - **How can I access it?**
    - For more information about the service and how to access please phone or visit the website.
      - Phone: 0115 876 4000
      - Email: cypbehm@nottinghamcity.gov.uk

**Kooth**

- **10 - 25 yrs.**
  - **Who is this for?**
    - Young people who want to talk to a mental health professional online, anonymously and free. Alternatively you can access face to face sessions.
  - **What do they offer?**
    - Drop in or bookable online text based counselling sessions along with messaging, discussion forums and self-help. Online counselling available 12pm – 10pm weekdays and 6pm-10pm weekends. Young people will also have access to message forums, articles and a range of self-help guidance. Face to face sessions are also available Monday to Friday 9am – 5pm.
  - **How can I access it?**
    - Young people can register directly through www.kooth.com Once you are registered online you can access the face to face option by completing a form. Alternatively you can:
      - Phone: 0115 941 0440
      - Website: nottssvss.org.uk/contact

**Base 51**

- **12 - 25 yrs.**
  - **Who is this for?**
    - Young people who want to access emotional health and wellbeing services, including counselling and crisis drop-in sessions.
  - **What do they offer?**
    - 1-1 Counselling sessions, crisis support and advice and guidance for a range of emotional health needs.
  - **How can I access it?**
    - Young people do not need a referral to access this service. For further information please phone, email or drop in.
      - Phone: 0115 952 5040
      - Email: counselling@base51.org.uk
      - Drop in: NGY 29-31 Castle Gate, Nottingham NG1 7AR (Monday – Friday 9am – 8pm)

**Nottinghamshire Sexual Violence Support Services**

- **13+**
  - **Who is this for?**
    - Young people aged 13 years and over who have experienced any form of sexual assault or abuse.
  - **What do they offer?**
    - Free face-to-face counselling service provided by trained counsellors and offering a safe and non-judgemental environment in which to explore the impact of any form of sexual assault or abuse.
  - **How can I access it?**
    - For more information about the service and how to access please phone or visit the website.
      - Phone: 0115 941 0440
      - Website: nottssvss.org.uk/contact
Who is this for?
Children and young people with self-harm and/or suicidal thoughts and behaviours.

What do they offer?
SHARP offers brief 1:1 interventions, clinics in secondary schools, workshops for young people to raise awareness, increase confidence and support with exam pressures, and training and consultations to support professionals to work with self-harm and suicidality.

How can I access it?
For more information:
Phone: 0115 876 4000
Text: 0786 000 213
Email: cypbehm@nottinghamcity.gov.uk
Website: eduserve.co.uk/additional-needs/sharp-self-harm-awareness-and-resource-project/about-sharp/

Alternatively you can speak to a teacher at school and ask to access a SHARP Clinic

Local Services – Young adults

There are a range of services across Nottingham for young adults aged 18+ to support with mental health and emotional wellbeing. For more information about the service and how to access please visit the following websites:

Crisis Resolution and Home Treatment
nottinghamshirehealthcare.nhs.uk/crht

Local Mental Health Teams
nottinghamshirehealthcare.nhs.uk/local-mental-health-teams

Eating Disorders in Students Services (EDISS) – For Nottingham University and University of Nottingham students only
firststepsed.co.uk/eating-disorders-in-student-services

Let’s Talk – Wellbeing
www.nottinghamshirehealthcare.nhs.uk/letstalkwellbeing

Insight Healthcare – Talking Therapies
insighthealthcare.org/our-services/talking-therapies/find-a-service/nottingham

Trent PTS (Psychological Therapies Service)
trentpts.co.uk

Wellness in Mind
wellnessinmind.org

Nottingham Women’s Centre
nottinghamwomenscentre.com

For more information about support groups in your local area please visit:
Ask Lion (service directory)
asklion.co.uk/kb5/nottingham/directory/home.page