



Re-thinking Engagement
& Approaches to Learning

Signposting Directory for Parents and Carers

 @EducationReal

Action for Children



Website: www.actionforchildren.org.uk

Telephone: 03001232112 (open 9am to 5pm Mon-Fri)

Email: ask.us@actionforchildren.org.uk



Information: Parent Talk, parenting advice, behaviour, mental health & wellbeing, stages of development, additional needs and disabilities, sleep, nutrition and healthy eating.

ADHD Foundation



Website: www.addiss.co.uk

Telephone: 02089522800

Email: info@addiss.co.uk

Address: PO Box 340, Edgware, Middlesex, HA8 9HL



Information: We provide people-friendly information and resources about Attention Deficit Hyperactivity Disorder to anyone who needs assistance-parents, sufferers, teachers or health professionals. Whatever you're looking for in ADHD, we'll do our best to help.

Adult IAPT-Improving Access to Psychological Therapies Services



Website: www.notts-talk.co.uk

Telephone: 03331881060

Email: notts.iapt.admin@notts-talk.co.uk



Information: In partnership with the NHS, Vita Health Group and Everyturn Mental Health provide talking therapy services for the residents of Nottingham and Nottinghamshire.

National Centre for Children and Families



Website: www.annafreud.org

Telephone: 02077942313

Email: info@annafreud.org

Address: Anna Freud, 4-8 Rodney Street, London, N1 9JH

Information: The service aims to build resilience and support children, young people and families in distress.

Anti Bullying Pro



Website: <https://www.antibullyingpro.com>

Telephone: 02039342160

Email: info@diana-award.org.uk



Information: Engaging young people, parents and teachers to change the attitudes, behaviour and culture of bullying by building skills and confidence to address different situations, both online and offline.

Anxiety Canada



Website: www.anxietycanada.com



Information: The website is designed to help parents and their anxious children. You will find practical strategies and tools to help you manage your child's anxiety, whether your child is just beginning to show symptoms, or has been diagnosed with an anxiety disorder.

A Place To Call Our Own



Website: aptcoo.co.uk

Telephone: 01623629902

Address: A Place To Call Our Own (APTCOO)
Unit 15 Botany Park, Nottinghamshire, NG18 5NF



Information: APTCOO is a registered charity based in Mansfield, Nottinghamshire, providing at the earliest opportunity a wide range of information, advice and access to a personalised range of specialist health, care and education support services for children and young people with Special Educational Needs and Disabilities (SEND) and their whole family unit.

Ask Us Nottinghamshire



Website: www.askusnotts.org.uk

Telephone: 08001217772

Address: Ask Us Nottinghamshire 57 Maid Marian Way Nottingham, NG1 6GE



Information: We support children and young people with special education needs or disabilities (SEND) and their parents in Nottingham and Nottinghamshire. We provide free, impartial and confidential advice and support for SEND children or young people aged 1 to 25 years.

Autism East Midlands



Website: www.autismeastmidlands.org.uk

Telephone: 01159609263 (school)

Email: enquiries@aem.org.uk



Information: The charity was established in 1968 by a group of parents who wanted to ensure that there were appropriate educational facilities for children with autism in the Nottinghamshire area. The school they set up is Sutherland House. The charity also offers residential and day care services for adults.

Beat: Eating Disorders



Website: www.beateatingdisorders.org.uk
Telephone: 03001233355
Email: help@beateatingdisorders.org.uk



Information: Beat is the UK's charity supporting anyone affected by eating disorders or difficulties with food, weight and shape. Their aim is to end the pain and suffering caused by eating disorders.

BeUNotts



Website: www.beusupport.co.uk

Telephone: 01157080008

Address: Suite 50A, Ransom Hall, Mansfield, NG21 0HJ

Information: Be U Notts is a free, accessible and convenient mental health and emotional wellbeing support service for people between 0-25 years of age and their parents and carers. The service provides early interventions for children and young people experiencing mild to moderate mental health and emotional wellbeing needs.

Referrals: Parents/carers can make a self-referral by completing their form, which is available at: www.beusupport.co.uk/cyp-referral-form

CAFCASS



Website: www.cafcass.gov.uk

Telephone: 03004564000



Information: CAFCASS stands for Children and Family Court Advisory and Support Service. We represent the interests of children and young people in family court cases in England. We independently advise the family courts about what is safe for children and in their best interests.

Calm Harm



Website: www.calmharm.co.uk



Information: Calm Harm is an award-winning app, designed to help children and young people resist and manage the urge to self-harm. The app is available to download for free from both the Apple App Store and the Google Play Store

CASY Counselling



Website: www.casy.org.uk

Telephone: 01636704620

Address: 23 Millgate, Newark, Nottinghamshire, NG24 4TR

Email: office@casy.org.uk



Information: parents/carers can make a referral by completing the form available on the website

Change Grow Live (CGL)



Website: www.changegrowlive.org

Telephone: 01158960798

Email: nottsyp.admin@cgl.org.uk



**Change
Grow
Live**

Information: Support young people affected by somebody else's substance use and support young people using substances.

Child and Adolescent Mental Health Service (CAMHS)



CAMHS Team: 01158764000

CAMHS Crisis number: 01158440560

Information: CAMHS stands for Child and Adolescent Mental Health Services. These are NHS services, which in Nottingham and Nottinghamshire are run by Nottinghamshire Healthcare.

We offer support and treatment for children aged 0 – 18 years who have emotional and/or mental health problems.

Child Bereavement UK



Website: www.childbereavementuk.org

Telephone: 08000288840

Email: helpline@childbereavementuk.org



Information: We help children and young people (up to age 25), parents, and families, to rebuild their lives and support when a child grieves.

Children's Bereavement Centre



Website: www.childrensbereavementcentre.co.uk

Telephone: 01636551739

Email: info@childrensbereavementcentre.co.uk

Address: 3 Kings Road, Newark, Notts, NG24 1EW



Information: The centre is open to children aged 3 to 18 and offers a welcome and safe environment for them and their families to receive the help and guidance they need at one of most devastating times in their lives.

Childline



Website: www.childline.org.uk

Telephone: 0800 1111



Information: Helpline for children and young people. Run by the NSPCC, Childline gives children and young people up to the age of 19 confidential support with whatever is worrying them. If you think a child or young person needs some support, you can always let them know that Childline is there.

Chill Panda



Website: www.chillpanda.co.uk



Information: Chill Panda is a video game-based app, which helps children better understand their stress and shows them ways to feel better. Breathing techniques, Yoga, Exercise, Calming games. The app is available for young people to download from the Apple App Store or from Nintendo Switch

CRUSE Bereavement Care



Website: www.cruse.org.uk
Telephone: 08088081677

Cruse Bereavement
Support

Information: Helpline for adults and young people who have experienced the death of someone. Visit the website for local CRUSE services.

East Midlands Sexual Assault Service



Website: www.EMCYPSAS.co.uk

Telephone: 08001830023

Address: QMC, Nottingham University, Derby Road,
NG7 2UH

Information: This service provides a 24-hour, confidential helpline for the East Midlands. EMCYPSAS provides medical and holistic assessment following sexual abuse for children and young people.

Equation



Website: www.equation.org.uk

Telephone: 01159623237

Email: info@equation.org.uk

Address: Castle Cavendish Works, Dorking Road,
Nottingham, NG7 5PN



Information: Equation is a Nottingham-based specialist charity that works with the whole community to reduce the impact of domestic abuse, sexual violence and gender inequality.

Family Lives



Website: www.familylives.org.uk
Telephone: 08088002222.
Email: askus@familylives.org.uk



Information: Confidential advice, information and support on any aspect of parenting and family life via the helpline and live chat. For further information please visit the website.
Bullying UK is a branch of Family Lives with forums, advice and useful resources. www.familylives.org.uk/bullying

Fearless



Website: <https://crimestoppers-uk.org/fearless>

Telephone: 0800555111



Information: fearless is a site where you can access non-judgemental information and advice about crime and criminality. Available 24 hours a day, 7 days a week, 365 days a year for you.

First steps ED



Website: www.firststepsed.co.uk

Telephone: 03001021685

Email: info@firststepsed.co.uk



Information: A safe, non-judgmental and understanding space to give you the time and freedom to talk. Our counsellors and psychotherapists provide 1:1 therapy to individuals aged 16 and above with eating disorders.

FRANK



Website: www.talktofrank.com
Telephone: 03001236600
Email: frank@talktofrank.com
Text: 82111 – Text a question

FRANK

Information: Friendly confidential honest information about drugs.

Grief Encounter



Website: www.griefencounter.org.uk

Telephone: 08088020111 (Weekdays 9am –9pm)

Live chat: griefftalk@griefencounter.org.uk

gr'ef
encounter

Information: We work closely with individuals, families, schools and professionals to offer a way through anxiety, fear and isolation so often caused by grief. Services include one-to- one counselling, group workshops, music, art and drama therapy, family fun days.

Harmless



Website: www.harmless.org.uk

Telephone: 01158800280

Email: info@harmless.org.uk

Address: Harmless HQ, The Sanctuary 1
Nottingham NG7 7LJ



Information: Harmless is an organisation that provides a range of services for people who self-harm, their friends, families and professionals.

Headspace



Website: www.headspace.com



Information: Headspace is an NHS recommended app, which provides meditation and mindfulness tools, which can help address and reduce the anxiety young people have been experiencing and help improve their mental and emotional wellbeing. You can download the app for free from the Apple Store or the Google Play Store and further information about the app is available on the website.

Healios



Website: www.healios.org.uk/services/thinkninja1

Telephone: 03301244222 (weekdays 8am-6pm)

Email: admin@healios.org.uk



Information: We've created a safe and inclusive space where children and young people can gain a better understanding of their mental health, autism and ADHD needs. And we encourage their families or supporters to be part of that journey by joining their sessions virtually.

Health For Teens – Nottinghamshire Healthcare



Website: www.healthforteens.co.uk

Text School Nurse: 07507329952 for confidential health advice and support

Information: Teens can get help with all kinds of things like healthy eating, relationships, sex, emotional health, bullying, smoking, self harm, contraception, and alcohol and drugs.

Visit the website to see videos, find health information, take quizzes and find out the truth behind the rumours

Healthy Family Team



Website: www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams

Telephone: 03001235436

Chat Health: TEXT ONLY- 07507329952 (A text messaging service for young people aged 11-19, where the young person can get confidential advice from the team)

Parent line: TEXT ONLY – 07520619919 (A text messaging service for parents/carers, where parents/carers can get confidential advice from the team)

Karma Nirvana



Website: www.karmanirvana.org.uk

Telephone: 08005999247

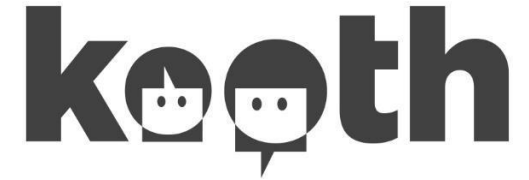
Email: info@karmanirvana.org.uk

Address: PO Box 515 Leeds LS6 9DW



Information: Offers practical and emotional support for male and female victims and survivors of honour based abuse, forced marriage and domestic abuse.

Kooth Online counselling service



Website: www.kooth.com

Information: Free, safe and anonymous online support for children and young people. The young person can make a self-referral to the service by creating a free account on the website. Visit website for online chat with trained counsellors.

LGBT+ Nottinghamshire



Website: www.lgbtplusnotts.org.uk

Telephone: 01909479191 **Text:** 07761500169

Email: info@lgbtplusnotts.org.uk

Address: Abbey Street Community Centre,
Worksop, Notts S80 2LA

Information: Parent/carer or young person aged 13+ can make a self-referral to the service by completing the form available at www.lgbtplusnotts.org.uk/selfref.htm



Local Offer



Website: www.nottshelpyourself.org.uk

Email: local.offer@nottsccl.gov.uk

nottshelpyourself.org.uk

Information: This resource is a partnership between education, health, social care, the voluntary and private sector. It is intended to provide you with information relevant to children and young people aged 0 -25 years with special educational needs and/or disabilities. Its aim is to bring as much of this information together within one website.

Mermaids



Website: www.mermaidsuk.org.uk

Telephone: 08088010400

Email: info@mermaidsuk.org.uk

Text Chat: text 85258 for free text support



Information: Mermaids supports gender-diverse children and young people, as well as their families and professionals involved in their care. Transgender and gender-variant children and teens need support and understanding, as well as the freedom to explore their gender identity.

Mental Health Support Team (MHST)



R.E.A.L
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Website: www.nottinghamshirehealthcare.nhs.uk/camhs-mental-health-support-teams

Single Point of Access(SPA):01158760167

Information: If you are feeling anxious, worried or stressed anything and it is affecting your everyday life then you are able to access support from MHST via the self-referral route. To self-refer all you need to do is call the CAMHS single point of access phone line and state that you would like telephone intervention from the Mental Health Support Team.



Neurodevelopment Behaviour Support Service- The Family Service



Website: www.nottshelpyourself.org.uk

Telephone: 01159774238

Email: family servicenbs@nottsccl.gov.uk

Information: Referrals for ASD or ADHD assessments should be completed by either a key worker from the young person's school, or a member of the Healthy Family Team on their behalf (via a Getting To Know Me Form).

NGYMyplace – Base 51



Telephone: 01 159525040

Email: info@base51.org.uk

Address: 29-31 Castle Gate, Nottingham, NG1 7AR



Information: Situated in Nottingham city centre.

Fully equipped Gym Dance Studio Recording Studios Filmmaking
Cyber Café Lounge Area with TV and Games.

Outburst - LGBTQ+ Support Group. Laundry and Shower Facilities
Counselling Service – phone in the morning to enquire about
available slots for that day

NHS 5 Ways to Wellbeing



Website: www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing



Information: Mind, the mental health charity, and the NHS have developed the 5 ways to wellbeing, outlining 5 steps everyone can take, to help improve their mental and emotional health. Further information about the tool and how it could help young people is available on the NHS and Mind website.

Nottinghamshire Adult & Young Carers - Tuvida



Website: www.tuvida.org/eastmidlands
Telephone: 01159628920
Email: hello@tuvida.org

Tü Vida
Supporting your life

Information: Support and guidance service for adult & young carers caring for a loved one, neighbour or friend. You could be a carer if you are supporting a family member, friend or neighbour because of their illness, disability, mental health issue or substance misuse.

Nott Alone



Website: www.nottalone.org.uk

Telephone: 08081963779

NottAlone

Information: NottAlone is a website providing information and mental health support for people of all ages in Nottingham and Nottinghamshire. we are here as a touch point to connect you to help from the right places. You will see support links at the bottom of each topic where you can contact the relevant help services for your needs.

Nottinghamshire Women's Aid



Website: www.nottswa.org

24hr Helpline: 08088000340

General Enquiries: 01909533610

Email: enquiries@nottswa.org



Information: Offers the following services: Domestic abuse support; Intervention and recovery services; Children's & Young people's domestic abuse support; Independent domestic violence advocate service; Refuge support services; The Farr centre; Counselling services; Educational and learning services.

Notts Help Yourself



nottshelpyourself.org.uk

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

Telephone: 03005008080

Information: The place to find info and services for Nottinghamshire all in one place.

NSPCC



Staying Safe Online

NSPCC

Website: www.nspcc.org.uk/ShareAware

Helpline: 08088005000

Email: help@NSPCC.org.uk

National Online Safety Team (NOS)

Papyrus



Website: www.papyrus-uk.org

Telephone: 08000684141 (9am to midnight)

Text: 07860039967 (9am to midnight)

Email: pat@papyrus-uk.org



PAPYRUS
PREVENTION OF YOUNG SUICIDE

Information: Papyrus exists to reduce the number of young people who take their own lives, by shattering the stigma surrounding suicide and equipping young people and their communities with the skills to recognise and respond to emotional distress.

Salcare



Website: <https://www.salcare.org.uk/>

Telephone: 01773764562

Email: enquiries@salcare.org.uk



Information: Family support service that provides emotional and practical support and advice for those who have or are experiencing Domestic Abuse, through one-to-one interventions or group interventions. Interventions such as: art therapy, healthy relationship programme, perpetrator programme, adolescent perpetrator programme, freedom programme etc.

Sam App



Website: www.mindgarden-tech.co.uk

Information: The SAM App has been developed to help people monitor and manage their mental health and will be able to provide young people with techniques to address the anxiety they have been experiencing.

Samaritans



Website: www.samaritans.org

Telephone: Freephone 116 123 - 24 hours a day,
365 days a year

Email: jo@samaritans.org



Information: *'Every six seconds, we respond to a call for help. No judgement. No pressure. We're here for anyone who needs someone.'*

Email or talk to the Samaritans about anything that is worrying you.

Schools and Families Specialist Services (SFSS)



Telephone: 01158041232 (Early Years SFSS & the Sensory Team)
01158546464 (Communication & Interaction and Cognition)

Information: We are a team of specialist teachers and teaching assistants with additional qualifications and extensive experience in working with children and young people with special educational needs aged from 0-19.

Shout



Website: <https://giveusashout.org>

Text: text 'SHOUT' to 85258

Email: info@giveusashout.org



Information: Shout 85258 is the UK's first and only free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

The family can access online resources while you are awaiting support from the service by visiting the website

<https://giveusashout.org/get-help/resources/>

Stop it now



Website: www.stopitnow.org.uk
Telephone: 08081000900

Stop it now

Information: Helping prevent child sexual abuse from happening in the first place and to prevent it from happening again if it already has. Our confidential helpline, live chat and secure email are here for anyone with concerns about child sexual abuse prevention.

TalkZone



Website: www.talkzone.org.uk

Telephone: 03005555582 / 03003000033

Email: info@talkzone.org.uk

Address: Abbey Street Community
Centre, Abbey Street, Worksop,
Nottinghamshire, S80 2LA



Information: The young person can make a self-referral at www.talkzone.org.uk/selfref.htm. Parents/carers can make a referral on the young person's behalf by completing the form available at www.talkzone.org.uk/proref.htm

Talk about alcohol



Website: www.talkaboutalcohol.com



Information: Talk about alcohol is written and managed by a charity called The Talk About Trust. The charity provides engaging evaluated and fun activities for 11-25 year olds across the UK, trains teachers, community educators and further education providers and reaches out to parents. All our work is around keeping young people safe around alcohol and other substances.

The Family Service- Early Help Unit



Telephone: 01158041248

Email: early.help@nottsccl.gov.uk

Information: The service prefers referrals to be made by a professional via an Early Help Assessment Form(EHAF), which can be completed by a key worker from the young person's school on their behalf. Alternatively, parents/carers can call the number for advice.

The Mix – Essential support for under 25s



Website: www.themix.org.uk
Telephone: 08088084994

Information: The Mix is the UK's leading support service for young people. Advice and support from mental health to money, from homelessness to finding a job, from break-ups to drugs. Call the helpline for advice.

The Tomorrow Project



Website: www.tomorrowproject.org.uk
Email: tomorrow@harmless.org.uk



Information: Supporting those who have been bereaved by suicide. A confidential, community based suicide prevention, intervention and postvention service. No age restriction.

Treetops Hospice and counselling service



Website: www.treetopshospice.org.uk

Telephone: 01159491264

Email: info@treetopshospice.org.uk

Information: Treetops supports people with illnesses such as cancer, motor neurone disease and multiple sclerosis. It also supports their carers and families. Treetops Hospice welcomes all members of the community, whether prospective service users, volunteers or employees.

CEOP Education



Website: www.thinkuknow.co.uk



Information: A guide to internet safety and safe surfing of the web for young people. Age-related tabs, including one for parents and carers who would like to understand more about keeping their child safe online.

Victim Support



Website: www.victimsupport.org.uk

Telephone: 08081689111



Information: Victim Support is here to help anyone affected by crime. Because we're an independent charity, you can talk to us whether or not you've reported the crime to the police. If you want, we can support you without the involvement of the criminal justice system, and we won't contact them about you unless we feel someone is at risk. We are here just to support you.

Vita Health Group



Website: www.vitahealthgroup.co.uk

Email: enquiries@vhg.co.uk



Information: Improving lives physically and mentally drives everything we do. We work in partnership with the NHS to provide mental and physical health services, work with the UK's largest companies to help support their workforce and provide a full range of physiotherapy services to private customers.

Victoria Health Centre Nottingham

Sexual Health Services



Website: www.victoriamapperley.co.uk/victoria-health-centre

Telephone: 01159627627

Address: Glasshouse Street, Nottingham, NG1 3LW

Information: For contraception, sexual health and teenage services. Situated behind the Victoria Centre.

Voice Collective



Website: www.voicecollective.co.uk

Telephone: 02079110822

Email: info@voicecollective.co.uk



Information: Voice Collective is a UK-wide project that supports young people who hear voices, see visions, or have other sensory experiences or beliefs.

Winstons Wish



Website: www.winstonswish.org

Telephone: 08088020021

Email: ask@winstonswish.org

Address: Conway House, Gloucester, GL1 3AJ



Information: Winston's Wish is a national service, that supports bereaved children, young people, their families and the professionals who support them. They offer both 1-2-1 counselling discussing themes of bereavement and the impact; sessions are led by the young person and group work online for peer support.

JUNO Women's Aid

Website: junowomensaid.org.uk

Telephone: 08088000340

Email: enquiries@junowomensaid.org.uk

Address: Heathcote Building, Nottingham, NG1 3AA



Information: JUNO offer of support includes:

- Crisis support, drop ins and ongoing one to one support
- Refugee accommodation (BMER and Dispersed Refugee service)
- 12 week healthy relationship programmes (The Freedom Programme)
- Therapeutic groups for mums and children
- One to one support for teenagers

Young Minds



Website: www.youngminds.org.uk

Telephone: Parent's Helpline 08088025544
(Mon – Fri 9.30am – 4pm)

Text Line: text YM to **85258** free 24/7 support



Information: The UK's leading charity committed to improving the wellbeing and mental health of children and young people. Find out more about us, our mission and how we work. Visit the Young Minds website to find out more.

Your Health Your Way



Website: www.yourhealthnotts.co.uk

Telephone: 01157722515



Information: We are here to help all residents of Nottinghamshire (excluding Nottingham city) get more active, eat healthier, manage your weight, drink less alcohol and stop smoking. We offer realistic and practical support for people to make life long healthy behaviour changes.