



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

Notts Help Yourself

<https://www.nottshelpyourself.org.uk/kb5/nottinghamshire/directory/home.page>

Notts SEND Local Offer

<https://www.nottshelpyourself.org.uk/kb5/nottinghamshire/directory/localoffer.page?newdirectorychannel=9>

Ask Us Nottinghamshire

<https://askusnotts.org.uk/support/parents-and-carers>

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

MENTAL HEALTH:

CAMHS

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

Single point of access: TEL: 0115 854 2299

CASY Counselling

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

TEL: 01636 704620

Other Mental Health useful Websites

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

<https://youngminds.org.uk/>

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



SLEEP

<https://thesleepcharity.org.uk>

EMAIL: info@thesleepcharity.org.uk

TEL: 01302 751416

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

TOILETING

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

FREE HELPLINE: 0808 169 9949

AUTISM

<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

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

ADHD Foundation

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

SELF-HARM

www.harmless.org.uk

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