



NOTTINGHAMSHIRE MENTAL HEALTH SUPPORT TEAM

www.nottinghamshirehealthcare.nhs.uk

/camhs-mental-health-support-teams

FOR REFERRALS EMAIL: SPAREFERRAIS@NOTTSHC.NHS.UK

OR TELEPHONE 0115 8542249



Nottinghamshire Healthcare

NHS Foundation Trust



if you're STRUGGLING TO OPEN UP TO THOSE AROUND you, PLEASE GIVE ONE OF THE below a TRY.

JUST PLEASE GET TALKING TO SOMEONE

CHILDLINE

childline.org.uk

MIND

mind.org.uk

NOTTALONE

nottalone.org.uk

CHILDREN'S SOCIETY

childrenssociety.org.uk

YOUNGMINDS

youngminds.org.uk

PHONE 0800 111 FOR 24/7 SUPPORT

OR GO TO childline.org.uk FOR 1-2-1 ONLINE CHAT.

FREE 24/7 SUPPORT FROM YOUR PHONE.

TEXT YM TO 85258.

APPS TO TRY



CATCH IT

CALM HARM

STRESS & ANXIETY COMPANION

THINK NINJA

THRIVE

