

Local Mental health Services –

Nottinghamshire Mental Health Helpline

The Nottinghamshire Mental Health Helpline is available 9-5pm Monday to Friday for anyone of any age who needs emotional support or information about what help is available locally for people struggling with their mental health.

Anyone living in Nottinghamshire can use the service. A team of supportive mental health workers are on hand to provide information and advice e.g. techniques that people can use to manage anxiety. They will also be able to direct people to other services where needed. The helpline website also includes useful information about a range of common mental health issues such as anxiety and low mood and how to promote feelings of wellbeing.

Professionals are also welcome to call the helpline for advice on working with patients with mental health issues.

The helpline is being delivered by Turning Point

The helpline number is 0300 555 0730. For more information and mental health resources visit <https://www.turning-point.co.uk/nottingham-helpline>



Feeling anxious?

**Turning Point Nottinghamshire
Mental Health Helpline**

**0300 555 0730
9-5pm Monday - Friday**



Need someone to talk to?

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Nottinghamshire Mind - <https://www.nottinghamshiremind.org.uk/>

Nottinghamshire Mind are still here for you, you can call our main number still on 0800 470 0203 or email the team on admin@nottinghamshiremind.org.uk

We appreciate that for people with ongoing mental health issues these are distressing and worrying times, we continue to offer our support and guidance through our telephone counselling service, virtual group based conversations and social support as well as one to one support through our Community Recovery Coaches.

Our work with Notts Healthcare Trust and the Clinical Commissioning Group's, offering Resilience and Stabilisation programmes, evening crisis support and suicide prevention information and training continues.

I urge you to keep up to date with our website and social media so that you can access the right support when you need it.



Shaw Mind – <https://shawmind.org/>

Shaw Mind locally run a number of free services for residents supporting their mental health. These include the Breathe Café, Man Cave. Hub groups and training for businesses.

The Breathe Cafe and Hub groups were suspended when the UK went into lockdown, but in the weeks since then our dedicated volunteers have been providing support to those in need.

Regular calls, texts and emails have helped an increasing number of people who have contacted us and asked for help.

Please use the following information if you need support in these unusual times

Tel – 01636 600830

Email - enquiries@shawmind.org



Insight Healthcare - <https://www.insighthealthcare.org/>

Insight Healthcare is a not-for-profit organisation providing free NHS talking therapy services. We also provide a range of employee wellbeing programmes to private, public, and third sector clients.

Who can use the service?

Everyone goes through difficult times; sometimes our problems affect our day-to-day lives and we feel that we can't cope. If you are in this situation, you are not alone.

Insight talking therapies is a free and confidential service, commissioned by the NHS, and is available to anyone over the age of 18 and living in Nottinghamshire.

How do I arrange an appointment?

Please fill in the [self-referral form](#) below, or you can ask your GP for a referral.

Once we have received the referral, a member of the administration team will contact you to arrange an appointment. Please note that it is our usual policy to withhold telephone numbers when we call you.

Where does the service take place?

Our Nottinghamshire service takes place in a wide range of community venues throughout the county, we also provide therapy from within GP surgeries and also over the phone where this is appropriate.

Employment support service

We also offer free, confidential employment support for people who are accessing talking therapies from us. Our Employment Advisers can help if you are:

- Unemployed and seeking new opportunities
- Employed and want to change job
- Experiencing problems at work, such as unfair treatment, discrimination, or bullying
- Facing redundancy
- Looking for careers advice or thinking of a career change
- Struggling to get the right support at work



Grief Line

GriefLine is a **free, confidential service** managed by Nottinghamshire Hospice. We connect people in need of **emergency grief support** with organisations able to provide support for those experiencing sudden, intense sorrow or sadness due to the death of someone they care for.

When you call us, we will listen to your needs and match you to someone who can support you. We can also help with practical issues such as taking prescriptions to chemists, picking up medications and delivering food parcels.

We understand that coronavirus will be making grieving more difficult and we want to help.



In the event of an emergency

- Contact your GP
- Contact the local NHS crisis team on 0300 303 0165 (24/7)
- Samaritans on 116 123 (free 24/7 support)
- text SHOUT to 85258 (free 24/7 support via text)

National Mental Health charities/resources/advice –

NHS Every Mind Matters - <https://www.nhs.uk/oneyou/every-mind-matters/>
Mental Health First Aid - <https://mhfaengland.org/mhfa-centre/resources/>
Mental Health Foundation - <https://www.mentalhealth.org.uk/>
Action for Happiness - <https://www.actionforhappiness.org/>
NHS Mental health and wellbeing - <https://www.nhs.uk/conditions/stress-anxiety-depression/>
Time to Change - <https://www.time-to-change.org.uk/resources>
National Mind - <https://www.mind.org.uk/>
Rethink - <https://www.rethink.org/>

Young Peoples Advice –

Health for Teens – everything you wanted to know about health - <https://www.healthforteens.co.uk/?location=Nottinghamshire>
Young Minds - UK's leading charity fighting for children and young people's mental health - <https://youngminds.org.uk/>
Stem 4 – supporting teenage mental health - <https://stem4.org.uk/>
The Mix – essential support for under 25's - <https://www.themix.org.uk/>