

SUPPORT SERVICES IN NOTTINGHAM & NOTTINGHAMSHIRE

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HARMLESS

Tel: 0115 880 0280

(Monday – Friday 9am–5pm)

www.harmless.org.uk

info@harmless.org.uk

Harmless is a user-led organisation providing a range of services regarding self harm including support, information, training and consultancy to people who self harm, their friends, their families and professionals.



THE TOMORROW PROJECT

Tel: 0115 880 0282

(leave a message and we will respond within 1 working day)

Tel: 0115 880 0280

(Monday – Friday 9am–5pm • Admin Only)

www.harmless.org.uk

crisis@tomorrowproject.org.uk

bereavement@tomorrowproject.org.uk

Monday – Friday 9am–5pm

The Tomorrow Project was established to support those affected by suicide. The service offers two confidential support pathways. The first is the crisis pathway, offering support to those in suicidal crisis, having suicidal thoughts or feelings. The second is the Bereavement pathway, offering a safe space for anyone who may have been bereaved or affected by the loss of someone to suicide. These services operate in Nottingham and Nottinghamshire and can be accessed by phone, email or via social media.



NHS 111 / OPTION 2

Tel: 111 and select option 2

If you, or someone you know, is experiencing a mental health crisis, call NHS 111 and select option 2 for 24/7 access to crisis mental health support. The service is provided by your local NHS mental health trust who will help you get the support you need. You will speak to a mental health advisor who will ask you some questions and listen to you. They can offer self-care advice and signposting over the phone, transfer you to the crisis service if needed or refer you to other local services.

**NOTTALONE**

www.nottalone.org.uk

Local mental health advice and resources for people in Nottingham and Nottinghamshire.

Nottinghamshire Crisis Sanctuaries

NOTTINGHAMSHIRE CRISIS SANCTUARIES

Tel: 0330 822 4100

(Open 4pm–11pm • 365 days a year)
Digital / Zoom sessions are also available

www.nottscrisissanctuaries.org.uk

(visit website to see list of locations available each day)

We are here to offer support, information and guidance to anyone aged 18 years or older nearing or in a mental health crisis.

**BE U NOTTS**

Tel: 0115 708 0008

(available Mon – Fri 9am–5pm)

www.beusupport.co.uk

(excludes Bassetlaw, from where you can access support from www.talkzone.org.uk)

Free Mental Health Services for children and young people. Our free counselling options offer a safe and comfortable space for you to talk about your feelings, whether it is with a professional counsellor or other people like you.

**NHS TALKING THERAPIES**

Tel: 0333 188 1060

(Monday – Friday 8am–8pm • Saturday 9am–12.30pm)

www.notts-talk.co.uk

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

Delivered in Nottingham and Nottinghamshire by Vita Health and Every Turn mental health, Nottinghamshire Talking therapies is a free and confidential NHS service designed to help with common mental health problems such as stress, anxiety and depression. Anyone aged 18 years or over and registered with a GP can access support. A GP referral is not necessary as you can self-refer.

**NOTTINGHAMSHIRE MIND**

Tel: 0800 470 0203 (this is not a crisis line)

www.nottinghamshiremind.org.uk

Nottinghamshire Mind offers a variety of different services from traditional talking therapy to supported self-help. There's also a wide range of community activities and groups available through their #Well services.

**BASE 51**

0115 952 5040

www.base51.org
info@base51.org.uk

Supporting young people aged 11–24 in Nottingham and Nottinghamshire.

**NOTTINGHAMSHIRE MENTAL HEALTH HELPLINE**

Helpline: 0808 196 3779

www.turning-point.co.uk/services/nottingham-mental-health-helpline

The Nottinghamshire Mental Health Helpline offers access to support for people who need emotional support or information about their mental health. The service works alongside the Nottinghamshire Crisis Line, providing personalised advice, emotional support and information on coping mechanisms.

**WELLNESS IN MIND**

0800 561 0073

www.wellnessinmind.org

In partnership with Framework and NHS.
Service working with anyone in Nottingham or Nottinghamshire over the age of 17 who has concerns about their mental health. You don't need to have a formal diagnosis to access Wellness in Mind, and the service is free. It runs several mental health drop in clinics across Nottingham City and Nottinghamshire, so that people who need help don't have to wait.

NATIONAL SUPPORT SERVICES



SAMARITANS

Tel: 116 123
(Open 24/7 • 365 days a year)

www.samaritans.org
jo@samaritans.org

Listening service. Confidential emotional support for those in distress. Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year.



CAMPAIGN AGAINST LIVING MISERABLY (CALM)

Tel: 0800 58 58 58

www.thecalmzone.net

Free helpline or web chat from 5pm–Midnight every day, 365 days of the year. CALM is for anyone who needs to talk about life's problems.



PAPYRUS HOPELINE

Hopeline: 0300 102 2470
Text: 88247 • Webchat: www.papyrus-uk.org
(Open 24/7 • 365 days a year)

pat@papyrus-uk.org • www.papyrus-uk.org

A confidential helpline service staffed by trained professionals who can give support, practical advice and information to anyone concerned that a young person they know may be at risk of harming themselves.



NHS 111

Tel: 111
(Open 24/7 • 365 days a year)

You should use the NHS 111 service if you urgently need medical help or advice but not if it's a life-threatening situation.

**NHS 111 BRITISH SIGN LANGUAGE SERVICE**

www.signvideo.co.uk/nhs111

Connect to a BSL interpreter via video chat directly through the website or by downloading the app onto your phone. Available 24/7 for physical or mental health concerns.

**SURVIVORS OF BEREAVEMENT BY SUICIDE**

National Support Line: 0300 111 5065

www.uksobs.org

UK-based organisation offering peer-led support to adults impacted by suicide loss. SOBS help individuals support each other, at the time of their loss and in the months and years that follow. They aim to provide safe, confidential environments where people can share their experiences and feelings, giving and gaining support from each other.

**ANXIETY UK**

Tel: 03444 775 774 • Text: 07537 416 905
(Open Monday – Friday 9.30am–5.30pm)

www.anxietyuk.org.uk

We offer an extensive range of support services designed to help control anxiety rather than letting it control you.

**CHILDLINE**

Call: 0800 1111 (free phone – it won't show up on the phone bill)

Or you can have a 1-2-1 counsellor chat online:

www.childline.org.uk

Helps children and young people under 19 with any issue they're going through. When you call us on 0800 1111 you'll get through to a counsellor, they're there to listen and support you with anything you'd like to talk about.

**THE SILVER LINE****Tel: 0800 4 70 80 90****www.thesilverline.org.uk**

Available 24 hours a day, 365 days a year. The Silver Line Helpline is a free, confidential telephone service just for older people. We provide friendship, conversation and support. The Silver Line Helpline gives anyone aged 55 or over the opportunity to exchange a friendly word, access support, or enjoy a long enriching conversation.

**SANELINE****Call: 0300 304 7000**

(Open 4pm–10pm, 365 days a year)

www.sane.org.uk

Our trained and experienced team of staff and volunteers are here to provide emotional support by phone, email and text, 365 days a year. You can also share experiences with others in our online peer-led forum.

**RETHINK MENTAL ILLNESS ADVICE LINE****Tel: 0300 5000 927**

(Monday – Friday 10am–2pm)

www.rethink.org
info@rethink.org

We improve the lives of people severely affected by mental illness through our network of local groups and services, expert information and successful campaigning. Our goal is to make sure everyone severely affected by mental illness has a good quality of life.

**B-EAT****Tel: 0345 634 1414** (Monday – Friday 4.30pm–8.30pm • Saturday 1pm–4.30pm)**www.beateatingdisorders.org.uk**

B-EAT offers information, help and support for anyone affected by eating disorders. They also run online support groups and message boards.



WARM WELCOME SPACES

The Warm Welcome Campaign wants everyone in the UK to find a place of belonging and reconnection. Their vision is to enable a more deeply connected society where we all have free access to welcoming community spaces. They resource, connect and champion a network of Warm Welcome Spaces and bring together a growing coalition of local, regional, and national partners representing the worlds of charity, faith, business, government, and philanthropy. By working together, we can unlock the power of community spaces made by and for everyone, creating a thriving network of hope and reconnection fuelled by human warmth. Find up to date locations here:

www.warmwelcome.uk/#map

APPS & ONLINE SUPPORT



CALM

Calm provides meditation techniques for sleep and stress reduction.

As well as guided Daily Calm sessions, which help you to unwind and refocus your attention, there are programmes for intermediate and advanced users. There is music, soothing sounds, mindful movement and meditation options. Calm also provides bite-sized mini sessions including one-minute exercises and sleep stories to help those who struggle to get to sleep or to stay asleep.



HEADSPACE

Headspace provides guided meditations, sleep stories, breathing techniques and more.

This app is a great choice if you want to learn the essentials of meditation and mindfulness. Sessions are provided in 3, 5 and 10 minute chunks that are easy to follow, focusing on breathing and scanning the body to check in on how you feel. These sessions are relaxing and less jargon-heavy than some others.



WHAT'S UP?

What's Up provides CBT-based support tips.

What's Up? is a free app utilising some CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) methods to help people cope with depression, anxiety, anger, stress and more.



FIVE WAYS TO WELLBEING

A free and convenient way of reminding yourself to look after your wellbeing.

Reflect on how well you connect, be active, take notice, keep learning and give and track how well you think you're doing. Set reminders to reflect so each week you can keep learning.



The Academy at Harmless is operated by Harmless – the national centre of excellence for self harm and suicide prevention.

Based in Nottingham, Harmless is a Community Interest Company (CIC) with a dedication to sustainability. While Harmless does seek grant and charitable funding, our training service is vital for the work we provide. All income generated through the Academy is used directly to sustain and expand the free support services we offer.

0115 8800 280
training@harmless.org.uk
www.harmless.org.uk



[HarmlessAcademy](#)



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[The-Academy-At-Harmless](#)



The Academy at Harmless is operated by Harmless
info@harmless.org.uk • www.harmless.org.uk • 0115 880 0280
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