

## Access to Mental Health Support in Nottingham and Nottinghamshire during COVID-19 (updated 28 April 2020)

Local people in mental health crisis who need immediate help can now receive support 24/7 by calling the new Nottinghamshire Foundation Trust Mental Health Helpline **0300 303 0165**. The line is open to people of all ages who live in Nottingham and Nottinghamshire.

For more information, visit their website at <http://www.nottinghamshirehealthcare.nhs.uk/help-in-a-crisis>

This document is divided into the following sections:

- General mental health advice
- Alcohol, drugs and gambling
- Anxiety and depression
- Bereavement
- Domestic and/or sexual abuse
- Loneliness for those aged 55+
- Suicide and self-harm
- Other diagnosed mental health conditions

Services listed below highlighted in **yellow** are for **Nottingham City GP** registered patients and those in **blue** are for **Nottinghamshire GP** registered patients. If there is no shading then the service is accessible by any residents in Nottingham or Nottinghamshire.

### General Mental Health Advice

Name	Description	Service access as at 8 April 2020	Website	Email	Phone number
<b>AWAAZ</b>	Provides mental health support to individuals from <b>BAME</b> and new emerging communities.	Website or phone	<a href="http://www.awaaznottingham.org.uk/">www.awaaznottingham.org.uk/</a>	<a href="mailto:info@awaaznottingham.org.uk">info@awaaznottingham.org.uk</a>	0115 924 5555 0115 978 3488
<b>Bassetlaw Crisis Resolution and Home Treatment Team</b>	Provide a 24 hour, seven day crisis resolution service that offers assessments to people with significant mental illness who would otherwise be admitted to hospital.  This includes short term home treatment in order to minimise the risk of a patient being admitted to hospital and providing support to achieve	Telephone , 24 hour support	<a href="https://www.nottinghamshirehealthcare.nhs.uk/crht">https://www.nottinghamshirehealthcare.nhs.uk/crht</a>		0300 123 1804

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Name	Description	Service access as at 8 April 2020	Website	Email	Phone number
	recovery from crisis at home				
<b>Every Mind Matters</b>	Every Mind Matters is an online app that helps you to manage and maintain your mental health. Includes Coronavirus advice	Website	<a href="http://www.nhs.uk/oneyou/every-mind-matters/">www.nhs.uk/oneyou/every-mind-matters/</a>		
<b>Family Lives</b>	Help and support for families that are struggling with their relationships or during periods of change.	Online chat, phone helpline or email	<a href="https://www.familylives.org.uk/">https://www.familylives.org.uk/</a>	<a href="mailto:askus@familylives.org.uk">askus@familylives.org.uk</a>	0808 800 2222
<b>Mental Health Foundation</b>	Web site for general preventative advice and guidance about mental health	Website	<a href="https://mentalhealth.org.uk/coronavirus">https://mentalhealth.org.uk/coronavirus</a>		
<b>MIND</b>	Advice and support to empower anyone experiencing a mental health problem	Website or phone	<a href="https://www.mind.org.uk/information-support/helplines/">https://www.mind.org.uk/information-support/helplines/</a>		0300 123 3393
<b>NHS - How to access mental health services</b>			<a href="https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/how-to-access-mental-health-services/">https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/how-to-access-mental-health-services/</a>		
<b>Nottinghamshire MIND</b>	Crisis café telephone service	Website or phone	<a href="http://www.nottinghamshiremind.org.uk/">www.nottinghamshiremind.org.uk/</a>		0800 470 0203
<b>Nottinghamshire Victim CARE</b>	Helps victims of crime, scams and anti-social behaviour via a free and confidential service.	Website or phone - Mon - Fri 9 am - 5 pm	<a href="https://www.nottsvictimcare.org.uk">https://www.nottsvictimcare.org.uk</a>		0800 304 7575
<b>Notts County Football in the Community</b>	Mental health online chat support for adults.	Email for more information	<a href="mailto:claire.wilmott@nottscountyfetc.org.uk">claire.wilmott@nottscountyfetc.org.uk</a>		07495 321631
<b>SANE</b>	Provides emotional support, guidance and information to anyone affected by mental illness, including families, friends and carers.	Email or leave a message on 07984 967 708 giving first name and a contact number Normal Support Forum and Textcare services are still open.	<a href="http://www.sane.org.uk/">http://www.sane.org.uk/</a>	<a href="mailto:support@sane.org.uk">support@sane.org.uk</a>	07984 967 708
<b>Wellness in Mind</b>	Information, advice and support for residents experiencing issues with their mental wellbeing.	Website or phone	<a href="https://www.wellnessinmind.org/">https://www.wellnessinmind.org/</a>		0800 561 0073

### Alcohol, drugs and gambling

Name	Description	Service access as at 8 April 2020	Website	Email	Phone number
<b>Alcoholics Anonymous</b>	Providing help for a drink problem. Visit the website about services available during COVID-	24/7 helpline or email	<a href="https://www.alcoholics-anonymous.org.uk/">https://www.alcoholics-anonymous.org.uk/</a>	<a href="mailto:help@aamail.org">help@aamail.org</a>	0800 9177 650

Forward amendments or additions to [sharan.jones@nottinghamcity.gov.uk](mailto:sharan.jones@nottinghamcity.gov.uk). For an up to date copy of this document go to [Ask LiON](#) or Notts Help Yourself (links to be added)

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Name	Description	Service access as at 8 April 2020	Website	Email	Phone number
	19				
<b>Change Grow Live (CGL)</b>	Support for people who have a drinking or drug problem	Website, email or phone	<a href="http://www.changegrowlive.org/new-directions-nottinghamshire">www.changegrowlive.org/new-directions-nottinghamshire</a>	<a href="mailto:notts@cgl.org.uk">notts@cgl.org.uk</a>	0115 8960 798
<b>Gamblers Anonymous</b>	All face to face meetings have ceased, but chat room and online group meetings are available through the website.	Website or phone	<a href="https://www.gamblersanonymous.org.uk/">https://www.gamblersanonymous.org.uk/</a>	<a href="mailto:info@gamblersanonymous.org.uk">info@gamblersanonymous.org.uk</a>	0330 094 0322
<b>Gambling Helpline</b>	Help for anyone worried about their or someone else's gambling	Live chat or Helpline	<a href="https://www.begambleaware.org/">https://www.begambleaware.org/</a>		0808 8020 133
<b>Narcotics Anonymous</b>	Face to face meetings have now ceased. Online meetings to deal with drug problems are available through the website.	Website or phone - 10 am - midnight	<a href="https://www.ukna.org/">https://www.ukna.org/</a>		0300 900 1212
<b>Nottingham Recovery Network</b>	Single point of free support, advice and treatment to adults experiencing problems with alcohol and drugs.	Website or phone	<a href="https://www.nottinghamrecoverynetwork.com/">https://www.nottinghamrecoverynetwork.com/</a>		0800 066 5362

## Anxiety and Depression

Name	Description	Service access as at 8 April 2020	Website	Email	Phone number
<b>Anxiety UK</b>	Run by people with experience of living with anxiety, stress or anxiety-based depression, supported by a high-profile medical advisory panel.	Helpline 9.30am-5.30pm Mon-Fri Weekend helpline 10 am-8 pm Online chat	<a href="https://www.anxietyuk.org.uk/">https://www.anxietyuk.org.uk/</a>	<a href="mailto:support@anxietyuk.org.uk">support@anxietyuk.org.uk</a>	03444 775774
<b>Family Lives</b>	Help and support for families that are struggling with their relationships or during periods of change.	Online chat, phone helpline or email	<a href="https://www.familylives.org.uk/">https://www.familylives.org.uk/</a>	<a href="mailto:askus@familylives.org.uk">askus@familylives.org.uk</a>	0808 800 2222
<b>Insight Healthcare</b>	Talking/psychological therapies commissioned service	Website (on-line self referral form)	<a href="https://www.insighthealthcare.org/our-services/talking-therapies/find-a-service/nottingham/">https://www.insighthealthcare.org/our-services/talking-therapies/find-a-service/nottingham/</a>	<a href="mailto:east.midlands@insighthealthcare.org">east.midlands@insighthealthcare.org</a>	0300 555 5582
<b>Let's Talk Wellbeing</b>	Talking/psychological therapies commissioned service	Website on line referral form	<a href="https://www.nottinghamshirehealthcare.nhs.uk/nottingham-city-and-county">https://www.nottinghamshirehealthcare.nhs.uk/nottingham-city-and-county</a>	<a href="https://www.nottinghamshirehealthcare.nhs.uk/nottingham-city-and-county">https://www.nottinghamshirehealthcare.nhs.uk/nottingham-city-and-county</a>	0115 956 0888
<b>MacMillan Information &amp; Support</b>	Helpline is available for those feeling anxious or lonely	Phone helplines			0115 840 2650 0115 970 9933

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Name	Description	Service access as at 8 April 2020	Website	Email	Phone number
<b>No Panic</b>	Confidential Helpline and support for people who experience panic attacks, phobias, obsessive compulsive disorders (OCD) and other related anxiety disorders. Also provides support for carers of people living with the above.	Helpline available 10 am to 10 pm. After 10.00 pm - there is a recording of a breathing/relaxation technique	<a href="https://nopanic.org.uk/about-us/">https://nopanic.org.uk/about-us/</a>	<a href="mailto:info@nopanic.org.uk">info@nopanic.org.uk</a>	0844 967 4848 Also youth helpline - 0330 606 1174
<b>Nottinghamshire Victim CARE</b>	Helps victims of crime, scams and anti-social behaviour via a free and confidential service.	Website or phone - Mon - Fri 9 am - 5 pm	<a href="https://www.nottsvictimcare.org.uk">https://www.nottsvictimcare.org.uk</a>		0800 304 7575
<b>SANE</b>	Provides emotional support, guidance and information to anyone affected by mental illness, including families, friends and carers.	Email or leave a message on 07984 967 708 giving first name and a contact number Normal Support Forum and Textcare services are still open.	<a href="http://www.sane.org.uk/">http://www.sane.org.uk/</a>	<a href="mailto:support@sane.org.uk">support@sane.org.uk</a>	07984 967 708
<b>Trent PTS</b>	Talking/psychological therapies commissioned service	Website or on-line referral form	<a href="https://www.trentpts.co.uk/self-referral/">https://www.trentpts.co.uk/self-referral/</a>	<a href="mailto:enquiries@trentpts.co.uk">enquiries@trentpts.co.uk</a>	0115 896 3160
<b>Wellness in Mind</b>	Information, advice and support for residents experiencing issues with their mental wellbeing.	Website or phone	<a href="https://www.wellnessinmind.org/">https://www.wellnessinmind.org/</a>		0800 561 0073

## Bereavement

### New bereavement service for Nottingham and Nottinghamshire residents from Monday 4 May

The **Grief Line** is a dedicated service for those who need immediate support following bereavement. The service offers a 24/7 triage service that will ensure the grieving person will be connected to a relevant agency that can provide emotional support. The Grief Line will continue to stay in contact with that person until support has been received and will follow up post-support to assess further need.

Phone the Grief Line on **0800 111 4451** or email [griefline@nottshospice.org](mailto:griefline@nottshospice.org) (service will operate from Monday 4 May).

Name	Description	Service access as at 8 April 2020	Website	Email	Phone number
<b>Bereavement Advice Centre</b>	Support for people who have been bereaved.	Website or phone Monday to Friday 9.00 am to 5.00 pm	<a href="http://www.bereavementadvice.org/">www.bereavementadvice.org/</a>		0800 634 9494
<b>CRUSE</b>	Bereavement charity offering online and	Phone (between 9.30 -	<a href="http://www.cruse.org.uk/">www.cruse.org.uk/</a>	<a href="mailto:helpline@cruse.org.uk">helpline@cruse.org.uk</a>	0808 808 1677

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Name	Description	Service access as at 8 April 2020	Website	Email	Phone number
<b>Bereavement Care</b>	telephone	5.00 Mon-Fri or email for support			
<b>CRUSE Nottinghamshire</b>	Local support for bereaved adults and children	Email	Webpage unreliable	<a href="mailto:nottinghamshire@cruse.org.uk">nottinghamshire@cruse.org.uk</a>	0115 9244404
<b>Grief Line</b>	Triage bereavement service that connects the grieving person to a relevant agency.	Open 24/7 from 4 May		<a href="mailto:griefline@nottshospice.org">griefline@nottshospice.org</a>	0800 111 4451
<b>Harmless</b>	Postvention bereavement support for individuals who have been bereaved by suicide	Website, email or phone. Mon-Fri 9-5 - no evenings, weekends or bank holidays. Leave a message and someone will respond within 72 hours.	<a href="http://www.harmless.org.uk/">http://www.harmless.org.uk/</a>	<a href="mailto:info@harmless.org.uk">info@harmless.org.uk</a>	0115 880 0280
<b>National Bereavement Partnership - COVID-19 Hub</b>	Practical advice and support (including counselling) for those affected by bereavement.	Freephone helpline number open every day, 7am – 10pm	<a href="http://www.nationalbereavementpartnership.org/">http://www.nationalbereavementpartnership.org/</a>	<a href="mailto:helpline@nationalbereavementpartnership.org">helpline@nationalbereavementpartnership.org</a>	0800 448 0800
<b>Samaritans</b>	Emotional support for anyone in distress.	24-hour helpline	<a href="https://www.samaritans.org/">https://www.samaritans.org/</a>	<a href="mailto:jo@samaritans.org">jo@samaritans.org</a>	116 123
<b>SANE</b>	Provides emotional support, guidance and information to anyone affected by mental illness, including families, friends and carers.	Email or leave a message on 07984 967 708 giving first name and a contact number Normal Support Forum and Textcare services are still open.	<a href="http://www.sane.org.uk/">http://www.sane.org.uk/</a>	<a href="mailto:support@sane.org.uk">support@sane.org.uk</a>	07984 967 708
<b>Wellness in Mind</b>	Information, advice and support for residents experiencing issues with their mental wellbeing.	Website or phone	<a href="https://www.wellnessinmind.org/">https://www.wellnessinmind.org/</a>		0800 561 0073

### Domestic and/or Sexual Abuse

Name	Description	Service access as at 8 April 2020	Website	Email	Phone number
<b>Equation</b>	Domestic Abuse Service for <b>Men</b> affected by domestic abuse in Nottingham and Nottinghamshire	Website updated weekly during Covid 19	<a href="http://www.equation.org.uk/">http://www.equation.org.uk/</a>	<a href="mailto:info@equation.org.uk">info@equation.org.uk</a>	0115 960 5556
<b>Family Lives</b>	Help and support for families that are struggling	Online chat, phone	<a href="https://www.familylives.org.">https://www.familylives.org.</a>	<a href="mailto:askus@familylives.org.uk">askus@familylives.org.uk</a>	0808 800 2222

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Name	Description	Service access as at 8 April 2020	Website	Email	Phone number
	with their relationships or during periods of change.	helpline or email	<a href="#">uk/</a>		
<b>ISAS</b>	Specialist counselling and group therapy for female and male sexual violence victims and survivors aged 16+ in Nottinghamshire county	Open during Covid 19 although group support is not taking place	<a href="http://www.isas-notts.org.uk/">http://www.isas-notts.org.uk/</a>	<a href="http://www.isas-notts.org.uk/contact.cfm">http://www.isas-notts.org.uk/contact.cfm</a>	0115 8240314
<b>Juno Women's Aid</b>	Nottinghamshire Domestic and Sexual Abuse Helpline for women  Access to 9 local and other national refuges including specialist BME and complex needs Access to other specialist domestic abuse support in Nottingham and Nottinghamshire	Helpline for women  Access to 9 local and other national refuges including specialist BME and complex needs Access to other specialist domestic abuse support in Nottingham and Nottinghamshire	<a href="https://junowomensaid.org.uk/">https://junowomensaid.org.uk/</a>	<a href="mailto:helpline@junowomensaid.org.uk">helpline@junowomensaid.org.uk</a>	0808 800 0340
<b>Nottingham Independent Domestic Abuse Services</b>	NIDAS operate across Mansfield and Ashfield. Family based approach	Phone Mon–Thu 9.00am–5.00pm Fri 9:00am–4:30pm OR 24 hour helpline 0808 8000340 OR complete online form	<a href="http://www.nidas.org.uk/">http://www.nidas.org.uk/</a>	<a href="mailto:hello@nidas.org.uk">hello@nidas.org.uk</a>	01623 683250
<b>Nottinghamshire SVS Services (formerly Nottingham Rape Crisis)</b>	Specialist informational, practical and emotional support and BACP registered counselling and therapy for women and men aged 13+.	Open during COVID-19 Helpline: Mon-Tues 4.30pm–7.30pm Thurs-Sat 10am–1pm	<a href="http://www.nottssvss.org.uk">www.nottssvss.org.uk</a>	<a href="https://nottssvss.org.uk/contact/">https://nottssvss.org.uk/contact/</a> or <a href="mailto:support@nottssvss.org.uk">support@nottssvss.org.uk</a>	0115 941 0440
<b>Nottinghamshire Women's Aid</b>	Support for women and children affected by domestic abuse in Bassetlaw, Mansfield, Newark & Sherwood	Open during COVID-19 24 hour helpline 0808 8000340	<a href="https://nottswa.org/">https://nottswa.org/</a>	<a href="mailto:enquiries@nottswa.org">enquiries@nottswa.org</a>	01909 533610
<b>Notts Sexual Violence Support Services</b>	Emotional support to anybody aged 13 and over who has experienced rape, sexual violence or childhood sexual abuse, either recently or in the past or for others who may be worried.	Helpline 0115 941 0440 (check times on website) Online self-referral	<a href="https://nottssvss.org.uk/">https://nottssvss.org.uk/</a>	<a href="mailto:support@nottssvss.org.uk">support@nottssvss.org.uk</a>	0115 9410440
<b>Rape Crisis</b>	Supports the work of Rape Crisis Centres across the country for women and girls. A Live Chat	Website or phone - Daily 12 pm - 12.30pm	<a href="https://www.rapecrisis.org.uk/">https://www.rapecrisis.org.uk/</a>		08088 029 999

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Name	Description	Service access as at 8 April 2020	Website	Email	Phone number
	Helpline can be accessed via the website for girls aged 16+ and women.	and 7 pm - 9.30 pm			
<b>Refuge</b>	National service providing specialist support to women, children and some men escaping domestic violence and other forms of violence	24/7 Freephone National Domestic Abuse helpline and email	<a href="https://www.refuge.org.uk">https://www.refuge.org.uk</a>	<a href="http://www.nationaldahelpline.org.uk">www.nationaldahelpline.org.uk</a>	0808 2000 247
<b>Relate Notts</b>	Offering telephone or webcam counselling for the foreseeable future. First point of contact is via email. Advice and guidance on keeping healthy relationships available on the website.	Email - Mon - Fri, 9 am - 5pm, phone or website.	<a href="https://www.relate-nottingham.org.uk/">https://www.relate-nottingham.org.uk/</a>	<a href="mailto:info@relate.nottingham.org.uk">info@relate.nottingham.org.uk</a>	0115 9584278
<b>Women's Aid England</b>	National domestic violence support for women, young people and children.	Live chat open 10am to midday Monday to Friday	<a href="https://www.womensaid.org.uk/information-support/">https://www.womensaid.org.uk/information-support/</a> Live chat function: <a href="https://chat.womensaid.org.uk/">https://chat.womensaid.org.uk/</a>		

### Loneliness for those aged 55+

Name	Description	Service access as at 8 April 2020	Website	Email	Phone number
<b>Silverline</b>	The Silver Line is a helpline and friendship service for <b>people aged 55 and over</b>	24/7 free support	<a href="https://www.thesilverline.org.uk/what-we-do/">https://www.thesilverline.org.uk/what-we-do/</a>		0800 4 70 80 90
<b>Age UK Nottinghamshire</b>	Daily support call to help maintain social contact	Office hours	<a href="https://www.ageuk.org.uk/notts/about-us/news/articles/2020/how-we-can-help/">https://www.ageuk.org.uk/notts/about-us/news/articles/2020/how-we-can-help/</a>		0115 844 0011

### Suicide and Self Harm

Name	Description	Service access as at 8 April 2020	Website	Email	Phone number
<b>Bassetlaw Crisis Resolution and Home Treatment Team</b>	Provide a 24 hour, seven day crisis resolution service that offers assessments to people with significant mental illness who would otherwise be admitted to hospital. This includes short term home treatment in order to minimise the risk of a patient being admitted to	Telephone , 24 hour support	<a href="https://www.nottinghamshirehealthcare.nhs.uk/crht">https://www.nottinghamshirehealthcare.nhs.uk/crht</a>	0300 123 1804	

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Name	Description	Service access as at 8 April 2020	Website	Email	Phone number
	hospital and providing support to achieve recovery from crisis at home				
<b>CALM</b>	Suicide prevention support particularly for <b>men</b> aged 15 to 35	5.00 pm until midnight	<a href="https://www.thecalmzone.net/help/get-help/">https://www.thecalmzone.net/help/get-help/</a>		0800 58 58 58
<b>Harmless</b>	Self-harm support	Website or email	<a href="http://www.harmless.org.uk/">http://www.harmless.org.uk/</a>	<a href="mailto:info@harmless.org.uk">info@harmless.org.uk</a>	0115 880 0280
<b>Harmless - Tomorrow Project</b>	Suicide Prevention - support for those in suicide	Website or email	<a href="http://www.tomorrowproject.org.uk/">http://www.tomorrowproject.org.uk/</a>	<a href="mailto:crisis@tomorrowproject.org.uk">crisis@tomorrowproject.org.uk</a>	0115 880 0280
<b>HOPEline UK</b>	Suicide prevention for young people up to 35	9am – 10pm weekdays, 2pm – 10pm weekends, 2pm – 10pm bank holidays Text 07860 039967	<a href="https://papyrus-uk.org/hopelineuk/">https://papyrus-uk.org/hopelineuk/</a>	<a href="mailto:pat@papyrus-uk.org">pat@papyrus-uk.org</a>	0800 068 4141
<b>OCD UK</b>	Information and support for people with OCD.	Website	<a href="https://www.ocduk.org/">https://www.ocduk.org/</a>		
<b>Samaritans</b>	Emotional support for anyone in distress.	24-hour helpline	<a href="https://www.samaritans.org/">https://www.samaritans.org/</a>	<a href="mailto:jo@samaritans.org">jo@samaritans.org</a>	116 123
<b>Wellness in Mind</b>	Information, advice and support for residents experiencing issues with their mental wellbeing.	Website or phone	<a href="https://www.wellnessinmind.org/">https://www.wellnessinmind.org/</a>		0800 561 0073

### Other diagnosed mental health conditions (including secondary care support)

Name	Description	Service access as at 8 April 2020	Website	Email	Phone number
<b>Beat</b>	Support for anyone living with an eating disorder, their family, friends, carers, schools or employers via helplines, chat rooms, one-to-one web chats and email.	Website or phone - Mon - Fri 12 pm - 8 pm weekends 4 pm - 8 pm	<a href="https://www.beateatingdisorders.org.uk/contact-us">https://www.beateatingdisorders.org.uk/contact-us</a>	Adults - <a href="mailto:help@beateatingdisorders.org.uk">help@beateatingdisorders.org.uk</a> Young People - <a href="mailto:fyp@beateatingdisorders.org.uk">fyp@beateatingdisorders.org.uk</a>	Helpline 0808 801 0677 Studentline 0808 801 0811 Youthline 0808 801 0711
<b>Bipolar UK</b>	Helps people living with manic depression or bipolar disorder	Peer support line 0759 1375544 (can take 3 days to reply) E-community support offered on website	<a href="https://www.bipolaruk.org/blog/key-links-to-help-you-during-the-covid-19-pandemic">https://www.bipolaruk.org/blog/key-links-to-help-you-during-the-covid-19-pandemic</a>	<a href="mailto:info@bipolaruk.org">info@bipolaruk.org</a>	
<b>First Steps ED</b>	Dedicated eating disorders support service available to further education and higher education students. You can self refer directly through the website or via your student support service.	Excellent self help guide <a href="https://firststepsed.co.uk/wp-content/uploads/2020/0">https://firststepsed.co.uk/wp-content/uploads/2020/0</a>	<a href="https://firststepsed.co.uk/">https://firststepsed.co.uk/</a> <a href="https://firststepsed.co.uk/eating-disorders-in-student-services/">https://firststepsed.co.uk/eating-disorders-in-student-services/</a>	<a href="mailto:info@firststepsed.co.uk">info@firststepsed.co.uk</a>	01332 367571

Forward amendments or additions to [sharan.jones@nottinghamcity.gov.uk](mailto:sharan.jones@nottinghamcity.gov.uk). For an up to date copy of this document go to [Ask LiON](#) or Notts Help Yourself (links to be added)



Services in **yellow** are for **Nottingham City GP** registered patients and those in **blue** are for **Nottinghamshire GP** registered patients. If there is no shading then the service is accessible by any residents in Nottingham or Nottinghamshire.

Name	Description	Service access as at 8 April 2020	Website	Email	Phone number
		3/First-Steps-ED_Self-Care-Guide.pdf			
<b>Freed Beeches</b>	Eating disorder service for 14 years and above.	New referrals to be sent through via email, telephone, GP and other professionals	<a href="http://www.freedbeeches.org.uk/welcome-freed-beeches">www.freedbeeches.org.uk/welcome-freed-beeches</a>	<a href="mailto:info@freedbeeches.org.uk">info@freedbeeches.org.uk</a>	01909 479922
<b>No Panic</b>	Confidential Helpline and support for people who experience panic attacks, phobias, obsessive compulsive disorders (OCD) and other related anxiety disorders. Also provides support for carers of people living with the above.	Helpline available 10 am to 10 pm. After 10.00 pm - there is a recording of a breathing/relaxation technique	<a href="https://nopanic.org.uk/about-us/">https://nopanic.org.uk/about-us/</a>	<a href="mailto:info@nopanic.org.uk">info@nopanic.org.uk</a>	0844 967 4848 Also youth helpline - 0330 606 1174
<b>OCD Action</b>	Support and information for anybody affected by OCD.	Website, phone or Skype support groups available by calling 0303 040 1112.	<a href="https://www.ocdaction.org.uk/">https://www.ocdaction.org.uk/</a>	<a href="mailto:support@ocdaction.org.uk">support@ocdaction.org.uk</a>	0845 390 6232
<b>OCD UK</b>	Information and support for people with OCD.	Website	<a href="https://www.ocduk.org/">https://www.ocduk.org/</a>		
<b>Rethink Mental Illness</b>	Advice and information for people with existing severe mental health conditions requiring treatment	Website	<a href="https://www.rethink.org/">https://www.rethink.org/</a>		
<b>SANE</b>	Provides emotional support, guidance and information to anyone affected by mental illness, including families, friends and carers.	Email or leave a message on 07984 967 708 giving first name and a contact number. Normal Support Forum and Textcare services are still open.	<a href="http://www.sane.org.uk/">http://www.sane.org.uk/</a>	<a href="mailto:support@sane.org.uk">support@sane.org.uk</a>	07984 967 708
<b>Wellness in Mind</b>	Information, advice and support for residents experiencing issues with their mental wellbeing.	Website or phone	<a href="https://www.wellnessinmind.org/">https://www.wellnessinmind.org/</a>		0800 561 0073

**Guidance on how to access NHS mental health services** - <https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/how-to-access-mental-health-services/>