

LOCAL SUPPORT SERVICES

- A new website – www.mindsofallkindsnotts.co.uk – has been launched to provide tailored support and resources for all ages who are/or who may be neurodivergent, including those with ADHD and Autism.
- **Notts Help Yourself** - SEND Local Offer
<https://www.nottshelpyourself.org.uk>
- **Healthy Family Teams**
<https://www.nottinghamshirehealthcare.nhs.uk/>
<https://www.instagram.com/nottshealthyfamilyteams/>
<https://twitter.com/NottsHFT>
<https://www.facebook.com/NottsHFT>
Healthy Family Teams Advice Line: 0300 123 5436
- ChatHealth text messaging service for 11–19-year-olds: 07507 329952
- Parentline text messaging service for parents/carers: 07520 619919
- **The Family Service**
<https://www.nottinghamshire.gov.uk/care/childrens-social-care/family-services>
Tel: 0115 804 1248
Email: early.help@nottscce.gov.uk
- **Spectrum Wasp**
• [Spectrum Wasp | – We are special people](https://www.spectrumwasp.org.uk/)
Tel: 07746 185 394
- **A Place to call our own**
www.aptcoo.co.uk
Email: enquiries@aptcoo.org
Tel: 01623 629 902
- **Sherwood Area Partnership (SBAP)**
[Primary Behaviour Partnerships in Nottinghamshire | The Sherwood Area Partnership](https://www.sherwoodarea.org.uk/)
- **IPSEA**
[\(IPSEA\) Independent Provider of Special Education Advice](https://www.ipsea.org.uk/)
- **Integrated Children's Disability Service (ICDS)**
Tel: 0115 804 1275

EDUCATION

- **Ask Us Nottinghamshire**
<https://askusnotts.org.uk/support>
Helpline: 0800 121 7772
- **Send Inclusion Service**
Early Years & the Hearing and Vision Specialist Support Teams - 0115 804 1232
Communication & Interaction and the Cognition & Learning Teams - 0115 854 6464
(Support for education settings)

MENTAL HEALTH

- **NottAlone**
<https://nottalone.org.uk/>
- **CAMHS**
<https://www.nottinghamshirehealthcare.nhs.uk/camhs-parents-and-carers>
- **CAMHS Single Point of Access for self-referral:**
Tel: 0115 854 2299
[https://www.nottinghamshirehealthcare.nhs.uk/ camhs-self-referral](https://www.nottinghamshirehealthcare.nhs.uk/camhs-self-referral)
- **CAMHS Crisis Team for urgent assistance:**
Tel: 0115 844 0560
- **B U Notts** <https://www.beusupport.co.uk>
Tel: 0115 708 0008
- **CASY Counselling**
<https://www.casy.org.uk>
Tel: 01636 704620
- **Young Minds**
<https://youngminds.org.uk>
- **Kooth**
<https://www.kooth.com>
- **Mind**
www.mind.org.uk
- **The Samaritans**
Tel: 08457 90 90 90
- **Child Line Tel:**
0800 11 11

SELF HARM

- **Harmless:**
www.harmless.org.uk
- **Young Minds:**
[www.youngminds.org.uk/find-help/feelingsand-symptoms/self-harm](http://www.youngminds.org.uk/find-help/feelings-and-symptoms/self-harm)
- **Online Support for 11-19's:**
www.selfharm.co.uk
- **Calm Harm app:** www.calmharm.co.uk

BEREAVEMENT

- **Children's Bereavement Centre**
www.childrensbereavementcentre.co.uk
- **Childhood Bereavement Network**
www.childhoodbereavementnetwork.org.uk
- **Grief Encounter**
www.griefencounter.org.uk

SLEEP

- **The Sleep Charity**
<https://thesleepcharity.org.uk>
Email: info@thesleepcharity.org.uk
Tel: 01302 751416
- **Teen Sleep Hub**
<https://teensleephub.org.uk>

AUTISM

- **NHS**
<https://www.nhs.uk/conditions/autism>
- **Autism East Midlands**
<https://www.autisameastmidlands.org.uk>
Tel: 01909 506678
- **National Autistic Society**
<https://www.autism.org.uk>
- **Ambitious About Autism**
<https://www.ambitiousaboutautism.org.uk>

ADHD

- **NHS**
<https://www.nhs.uk/conditions/attentiondeficit-hyperactivity-disorder-adhd/>
- **ADHD Foundation**
<https://www.adhdfoundation.org.uk/>

TOILETING

- **Eric, The Children's Bowel and Bladder Charity**
<https://www.eric.org.uk>
Free Helpline: 0808 169 9949

FINANCIAL

- **Family Fund**
Tel: 01904 550055
- **Disability Living Allowance (DLA) for children: Overview - GOV.UK (www.gov.uk)**
Disability Living Allowance helpline.
Telephone: 0800 121 4600

DOMESTIC ABUSE/VIOLENCE

- **Women's Aid**
[Home - Women's Aid \(womensaid.org.uk\)](https://www.womensaid.org.uk)
- **NIDAS**
[About us - NIDAS - Nottinghamshire Independent Domestic Abuse Services](https://www.nidas.org.uk)
Telephone: 01623 683 250
(Monday – Thursday 9:00am – 5:00pm and Friday 9:00am – 4:30pm)
24-hour helpline: 0808 800 0340
Email: hello@nidas.org.uk

SAFEGUARDING

- **Child safeguarding** [Report a new concern about a child | Nottinghamshire County Council](#)
If you are unable to report this concern to us via the form, please call 0300 500 80 90
Available between the hours of 08:30-17:00 Monday to Thursday and 08:30-16:30 on Friday.
- **Adult safeguarding** [Report abuse or neglect of an adult | Nottinghamshire County Council](#)
In an emergency, contact the Emergency Duty Team on 0300 456 4546.
The team are available: Saturday and Sunday 24 hours.
Monday - Friday 5:00pm-8:30am

If you require an urgent response outside of these hours, contact the Emergency Duty Team (EDT) on 0300 456 4546.