

**MENTAL HEALTH  
SERVICES**

**NOTTINGHAM  
CITY**



**#REALPEOPLE**

**INFORMATION ABOUT LOCAL MENTAL HEALTH SERVICES  
FOR YOUNG PEOPLE IN NOTTINGHAM CITY**



**Nottingham  
City Council**



**LEADERS  
UNLOCKED**



Face to face



Visit



Phone



Group service

**KEY**



Online



Immediate help



Text

## Targeted CAMHS

0 - 18yrs.

### Who is this for?

Children and young people with moderate emotional and/or mental health needs.

### What do they offer?

You'll be able to talk openly about the difficulties that you're experiencing, and explore choices for support. CAMHS will help determine what options may be helpful, discuss and plan together with you and your family. CAMHS offer a range of evidence based, therapeutic interventions. The service also provides SHARP which helps to raise awareness around self-harm and support to young people through secondary school clinics and one to one sessions.

### How can I access it?

For more information:

**Phone: 0115 876 4000**

**Text: 0786 000 213**

**Email: [cypbehm@nottinghamcity.gov.uk](mailto:cypbehm@nottinghamcity.gov.uk)**

Alternatively you can speak to a teacher at school and ask to access a CAMHS Time4me or SHARP drop in session at school

## Specialist CAMHS

0 - 18yrs.

### Who is this for?

Young people who are experiencing moderate to severe/ complex emotional and mental health difficulties.

### What do they offer?

In partnership with Targeted CAMHS, Specialist CAMHS will complete an initial assessment with you to determine what treatment options may be helpful. This could include group or 1-1 treatment, it can also include family and / or parent sessions.

### How can I access it?

For more information about the service and how to access please phone or visit the website.

**Phone: 0115 876 4000**

**Email: [cypbehm@nottinghamcity.gov.uk](mailto:cypbehm@nottinghamcity.gov.uk)**

## CAMHS Crisis Resolution & Home Treatment

0 - 18 yrs.

### Who is this for?

Young people who are experiencing a mental health crisis such as those who are at risk of immediate and significant self-harm.

### What do they offer?

Provide intensive support, determined at the point of assessment and reviewed on a daily basis, until the crisis is resolved or more appropriate services are identified to meet the current needs within a maximum of up to 6 weeks. The service operates 8am to 10pm during the week and 10am to 6pm at the weekend.

### How can I access it?

For more information about the service and how to access please phone or visit the website.

**Phone: 0115 854 2299 or 0115 844 0560**

**Website: [nottinghamshirehealthcare.nhs.uk/camhs-crisis-team](http://nottinghamshirehealthcare.nhs.uk/camhs-crisis-team)**

## Kooth

10 - 25yrs

### Who is this for?

Young people who want to talk to a mental health professional online, anonymously and free. Alternatively you can access face to face sessions.

### What do they offer?

Drop in or bookable online text based counselling sessions along with messaging, discussion forums and self-help. Online counselling available 12pm - 10pm weekdays and 6pm-10pm weekends. Young people will also have access to message forums, articles and a range of self-help guidance. Face to face sessions are also available Monday to Friday 9am - 5pm

### How can I access it?

Young people can register directly through [www.kooth.com](http://www.kooth.com) Once you are registered online you can access the face to face option by completing a form. Alternatively you can

**Email: [contact@xenzone.com](mailto:contact@xenzone.com)**

## Base 51

12 - 25yrs.

### Who is this for?

Young people who want to access emotional health and wellbeing services, including counselling and crisis drop-in sessions.

### What do they offer?

1-1 Counselling sessions, crisis support and advice and guidance for a range of emotional health needs.

### How can I access it?

Young people do not need a referral to access this service. For further information please phone, email or drop in.

**Phone: 0115 952 5040**

**Email: [counselling@base51.org.uk](mailto:counselling@base51.org.uk)**

**Drop in: NGY 29-31 Castle Gate, Nottingham NG1 7AR  
(Monday - Friday 9am - 8pm)**

## Nottinghamshire Sexual Violence Support Services

13+

### Who is this for?

Young people aged 13 years and over who have experienced any form of sexual assault or abuse.

### What do they offer?

Free face-to-face counselling service provided by trained counsellors and offering a safe and non-judgemental environment in which to explore the impact of any form of sexual assault or abuse.

### How can I access it?

For more information about the service and how to access it please phone or visit the website:

**Phone: 0115 941 0440**

**Website: [nottsvss.org.uk/contact](http://nottsvss.org.uk/contact)**

# SHARP (Self-Harm Awareness & Resource Project)

0 - 18 years

## Who is this for?

Children and young people with self-harm and/or suicidal thoughts and behaviours.

## What do they offer?

SHARP offers brief 1:1 interventions, clinics in secondary schools, workshops for young people to raise awareness, increase confidence and support with exam pressures, and training and consultations to support professionals to work with self-harm and suicidality.

## How can I access it?

For more information:

Phone: 0115 876 4000

Text: 0786 000 213

Email: [cypbehm@nottinghamcity.gov.uk](mailto:cypbehm@nottinghamcity.gov.uk)

Website: [eduserve.co.uk/additional-needs/sharp-self-harm-awareness-and-resource-project/about-sharp/](https://eduserve.co.uk/additional-needs/sharp-self-harm-awareness-and-resource-project/about-sharp/)

Alternatively you can speak to a teacher at school and ask to access a SHARP Clinic

## Local Services – Young adults

There are a range of services across Nottingham for young adults aged 18+ to support with mental health and emotional wellbeing. For more information about the service and how to access please visit the following websites:

**Crisis Resolution and Home Treatment**  
[nottinghamshirehealthcare.nhs.uk/crht](https://nottinghamshirehealthcare.nhs.uk/crht)

**Local Mental Health Teams**  
[nottinghamshirehealthcare.nhs.uk/local-mental-health-teams](https://nottinghamshirehealthcare.nhs.uk/local-mental-health-teams)

**Eating Disorders in Students Services (EDISS) – For Nottingham University and University of Nottingham students only**  
[firststepped.co.uk/eating-disorders-in-student-services](https://firststepped.co.uk/eating-disorders-in-student-services)

**Let's Talk – Wellbeing**  
[www.nottinghamshirehealthcare.nhs.uk/letstalkwellbeing](https://www.nottinghamshirehealthcare.nhs.uk/letstalkwellbeing)

**Insight Healthcare – Talking Therapies**  
[insighthealthcare.org/our-services/talking-therapies/find-a-service/nottingham](https://insighthealthcare.org/our-services/talking-therapies/find-a-service/nottingham)

**Trent PTS (Psychological Therapies Service)**  
[trentpts.co.uk](https://trentpts.co.uk)

**Wellness in Mind**  
[wellnessinmind.org](https://wellnessinmind.org)

**Nottingham Women's Centre**  
[nottinghamwomenscentre.com](https://nottinghamwomenscentre.com)

For more information about support groups in your local area please visit:

**Ask Lion (service directory)**  
[asklion.co.uk/kb5/nottingham/directory/home.page](https://asklion.co.uk/kb5/nottingham/directory/home.page)