BASSETLAW MENTAL HEALTH ADULT SUPPORT COMMUNITY PROVIDERS

Bassetlaw Place-Based Partnership

The Mental Health Crisis Line number is available to anyone in mental health crisis at any time, anywhere across Nottingham and Nottinghamshire.
0808 196 3779

Insight - IAPT

We are here so no one struggles alone.
Provides NHS talking therapies for adults to help with common issues like low mood, stress, and anxiety in Bassetlaw.

Tel - 0300 300 0033
Website - www.insightiapt.org/locations/bassetlaw/

Talkzone

Confidential mental health support and counselling services for children and young people, aged 11-25, in Bassetlaw.

Tel - 01909 530943
Email - info@talkzone.org.uk
Website - www.talkzone.org.uk

Nottinghamshire Mind

One-to-one and group mental health support, encouraging community connectivity and improving wellbeing.

Tel - 0800 470 0203
Email - communityservicelead@nottinghamshiremind.org.uk
Website - www.nottinghamshiremind.org.uk/

Children's Bereavement Centre

Free support for children, young people (aged 3-18) and their parents/carers who are affected by the death or terminal illness of someone close to them.

Tel: 01636 551739
Email- info@childrensbereavementcentre.co.uk
Website- www.childrensbereavementcentre.co.uk

Harmless

Support for adults and CYP focusing on mental health and self-harm.
Crisis Help; Emotional and Social Support (CHESS) Provides one-to-Bassetlaw one and group crisis help.

Tel - 01158 800280
Website - https://harmless.org.uk/

The Tomorrow Project

Specialised suicide bereavement support service for anyone that has been bereaved, affected or exposed to a death by suicide.

Tel - 0115 880 0280
Email - bereavement@tomorrowproject.org.uk
Website - www.tomorrowproject.org.uk/

Kooth

Free, anonymous online counselling and emotional wellbeing services for young people (aged 11-25), which can be accessed immediately using a computer, smartphone or tablet device, allowing local people to access support and guidance whenever they need it.

Website - https://www.kooth.com/

Qwell

Free, anonymous adult online counselling and emotional wellbeing services, which can be accessed immediately by using a computer, smartphone or tablet device, allowing local people to access support and guidance whenever they need it.

Website - https://www.qwell.io/

Aurora Bassetlaw

Emotional support and counselling for people affected by cancer and long-term health conditions.

Telephone - 01909 470985
Website - https://aurorawellbeing.org.uk/centres/aurora-bassetlaw/

LGBT+ Service Nottinghamshire

Provides specialist one-to-one and group services for children and young people aged 11-25 who identify as LGBT+ (lesbian, gay, bisexual, trans and any other sexual orientation or gender identity), or may be questioning this and their families.

Tel - 01909 479191
Email - info@lgbtplusnotts.org.uk
Website - www.lgbtplusnotts.org.uk/

The Edge - Oasis Community Centre

Men on the Edge - A range of support projects for men in crisis at all times and situations. Drop-in café, skills-based workshops, counselling and advice for men (Mental Health, Suicidal thoughts, Unemployment, Bereavement and more)
MANSS - support project for male survivors of sexual and domestic abuse.
Therapeutic projects using social prescribing, workshops, courses and volunteering to support people who are unemployed, have mental health needs, additional needs and disabilities.

Tel - 07795 194957
Website - www.oasiscommunitycentre.org/men-on-the-edge
Website - www.oasiscommunitycentre.org

Men Walk Talk

Bassetlaw Action Centre provides Men Walk Talk, at various locations including Idle Valley, Kings Park and Langold Lake. Information about times can be found on the Men Walk Talk Website. Additional services to support mental health are available including home support services, community car and transport schemes and much more.

Tel - 01777 709650
Email - goga@actioncentre.org.uk
Website - https://menwalktalk.co.uk/bassetlaw-1
Website – www.bassetlawactioncentre.org.uk

BPL Community Health

Providing a 12-week programme supporting mental health and wellbeing tailored around any health related conditions. Access the scheme by speaking with a healthcare professional who will refer you to one of our fantastic BPL Leisure Centres.

Website: https://bpl.org.uk/community-health/
Email - Retfordreferrals@bpl.org.uk
Worksopreferrals@bpl.org.uk Bircotesreferrals@bpl.org.uk

Bassetlaw Citizens Advice

Free advice on a range of issues including debt, mental health, welfare benefits, energy / utility bills, problems at work, health related benefits and support for people affected by cancer.

Tel - 01909 498894
Email - advice@bassetlawca.org.uk
Website - www.bassetlawca.org.uk/

Get Out Get Active - Women Walk Talk - Stay Pawsative

Get Out Get Active (GOGA) supports adult mental well being by providing fun, safe and inclusive activities for adults who are inactive or have a long-term heath condition.
Women Walk Talk - A walking group for women that want to get out and have a walk and talk to other women.
Stay Pawsative - A dog-walking group open to anybody to come along have a walk and a chat.
Tel - 01777 709650
Email -goga@actioncentre.org.uk
Website - www.bassetlawactioncentre.org.uk

In Sam's Name

In Sam's Name is a mental health support group for men. They provide peer support through regular group sessions at The Edge in Worksop.

Email - insams.name@outlook.com
Website - https://www.facebook.com/groups/457132082431436/?ref=share

Muddy Fork

Outdoor support focused on gardening activities, willow craft, bee keeping, or very gentle conversation with a cuppa in the garden.

Email - Enquiries@muddyfork.org
Website - www.muddyfork.org/