MENTAL HEALTH SUPPORT IN BASSETLAW

YOUNGMiNDS
fighting for young people's mental health

www.youngminds.org.uk

Providing young people with tools to look after their mental health. The website is full of advice and information on what to do if you're struggling with how you feel.

THE MIX
Essential support for under 25s

www.themix.org.uk

From mental health to money, from homelessness to finding a job, from break-ups to drugs. A free, confidential helpline or our counselling service.
Tel: 0808 808 4994

SAMARITANS

www.samaritans.org

Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year.
Tel: 116 123

Beat
Eating disorders

www.beateatingdisorders.org.uk

Helpline: 0808 801 0677
Youthline: 0808 801 0711
Student Line: 0808 801 0811

ChildLine
0800 1111

www.childline.org.uk

Childline is a free service for whatever's on your mind.
Tel: 0800 1111

FREED Beeches
EATING DISORDERS SERVICE

www.freedbeeches.org.uk

A free service for adults & adolescents aged 14+ who are suffering from Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder and OSFED Tel: 01909 479922
Email: info@freedbeeches.org.uk

Children's Bereavement Centre

www.childrensbereavementcentre.co.uk

Support for children, young people (3-18) and their parents/carers who are affected by the death or terminal illness of someone close to them. Tel: 01636 551739

kooth

www.kooth.com

Free counselling, advice and support on-line. Available Monday to Friday from 12 noon until 10pm each night, and weekends from 6pm to 10pm, 365 days per year for young people aged 11-25.

talkzone

www.talkzone.org.uk

Talkzone offers free, confidential mental health support and counselling for children and young people, aged 11-25, in Bassetlaw. Referrals can be made online via the website or by phone, text or email.
Office - 01909 530943 / 07368 323945

PAPYRUS
PREVENTION OF YOUNG SUICIDE

www.papyrus-uk.org

Prevention of Young Suicide
Tel: 0800 068 4141

LGBT+ SERVICE NOTTINGHAMSHIRE

www.lgbtplusnotts.org.uk

Providing a range of specialist services for children and young people aged 11-25 who identify as LGBT+ or may be questioning this. Tel: 01909 479191

HARMLESS

www.harmless.org.uk

Harmless is a self-harm service that provides free clinical support and clinical interventions for those that are at risk of self-harm and/or experience chronic suicidality.

shout 85258

Text 85258 if you need help
24 Hour Text Service

www.giveusashout.org

YOU BEFORE TWO

Brought to you by 'You Before Two.'
A charitable foundation created to promote the sexual and mental health education given to secondary school aged children in the North Nottinghamshire area.

Email: info@youbeforetwo.co.uk
Web: www.youbeforetwo.co.uk
Tel: 01909 26 87 87

Tel: 0808 196 3779

for the Mental Health Crisis Line, available to anyone of all ages in mental health crisis at any time anywhere across Nottinghamshire