

National and County-Wide Support Services

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General health

<p>Fruit vegetables, vitamins, milk, formula milk for the under 4s</p>	<p>NHS Healthy Start https://www.healthystart.nhs.uk/</p>	<p>Healthy Start £3.10 per week in vouchers +vitamins coupon Eligibility (in receipt of certain benefits) https://www.healthystart.nhs.uk/healthy-start-vouchers/do-i-qualify/ No need for Health Professional sign off currently https://www.healthystart.nhs.uk/healthy-start-vouchers/how-to-apply/ [Suggested to enclose/state not able to get sign off due to current Government Advice]</p>
<p>Dental Care</p>	<p> Access to NHS Dentistry.docx</p>	<p>Urgent Dental Care centres are continuing to deliver care following the suspension of all routine dental care as part of the pandemic response. These centres provide urgent dental care through a mixture of both community and high street settings. All existing NHS dental practices are providing remote advice (with remote prescribing of analgesics and, where necessary, antibiotics) and triaging service into these UDCs. There is no walk-in access for urgent dental care, so people need to use one of the below routes to access the centres:</p> <ol style="list-style-type: none"> 1. If people need urgent dental care, they should contact their dental practice. They will be triaged by telephone and may be offered analgesics or antibiotics, or if urgent treatment is judged to be needed, will be given further instructions. 2. If a person does not have a regular dentist, they can either call their nearest dental practice, or contact NHS 111 for the same support. <p>The British Association of Community Dentistry has also produced some videos, which can be viewed at: https://twitter.com/bascd_uk?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor https://www.facebook.com/pg/bascduk/posts/ https://www.instagram.com/bascd_uk/</p>

Support for parents and families

Name	Description	Support Type	Website	Email	Phone number
Carers Hub	Free and confidential service for young carers and carers to access information, advice, guidance and support	Website, phone or email	https://www.carerstrustem.org/hub	hub@carerstrustem.org	0115 824 8824
Family Lives	Help and support for families that are struggling with their relationships or during periods of change.	Online chat, phone helpline or email	https://www.familylives.org.uk/	askus@familylives.org.uk	0808 800 2222
Parent/carer zone	Information for parents and carers on childcare and other parenting issues	Website	https://www.nottshelpyouself.org.uk/kb5/nottinghamshire/directory/parent_zone.page		

Support for anyone experiencing mental health issues

MIND	Advice and support to empower anyone experiencing a mental health problem	Website or phone	https://www.mind.org.uk/information-support/helplines/		0300 123 3393
NHS - How to access mental health services			https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/how-to-access-mental-health-services/		
SANE	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.	http://www.sane.org.uk/	support@sane.org.uk	07984 967 708
Every Mind Matters	Every Mind Matters is an online app that helps you to manage and maintain your mental health. Includes Coronavirus advice	Website	www.nhs.uk/oneyou/every-mind-matters/		

Mental Health Foundation	Web site for general preventative advice and guidance about mental health	Website	https://mentalhealth.org.uk/coronavirus		
The Mix	Support service for young people aged 13 – 25 covers a range of topics from young carers to mental health and lifestyle	Online chat, website, phone line	http://www.themix.org.uk	https://www.themix.org.uk/about-us/contact-us	0808 808 4994
Young Minds	COVID-19 advice to help young people cope is available on the website. Also upskilling for leaders and frontline workers to improve outcomes for children and families who need mental health services	Website coronavirus advice. Young people can text YM85258 for help,	https://www.youngminds.org.uk/		020 7089 5050 Parent Helpline 0808 802 5544
Kooth	Free, safe and anonymous online support for young people: Young people who want to talk to a mental health professionals online, anonymously and free.	Website Chatline: Mon– Fri 12pm – 10pm Sat– Sun 6pm – 10pm	https://kooth.com/		

Specialist support for diagnosed mental health conditions (including secondary care support)

Name	Description	Support Type	Website	Email	Phone number
Beat	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	https://www.beateatingdisorders.org.uk/contact-us	Adults - help@beateatingdisorders.org.uk Young People - fyp@beateatingdisorders.org.uk	Helpline 0808 801 0677 Studentline 0808 801 0811 Youthline 0808 801 0711
Bipolar UK	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	https://www.bipolaruk.org/bl/og/key-links-to-help-you-during-the-covid-19-pandemic	info@bipolaruk.org	
No Panic	Confidential Helpline and support for people who experience panic attacks, phobias, obsessive compulsive disorders (OCD) and	Helpline available 10 am to 10 pm. After 10.00 pm - there	https://nopanic.org.uk/about-us/	info@nopanic.org.uk	0844 967 4848 Also youth

	other related anxiety disorders. Also provides support for carers of people living with the above.	is a recording of a breathing/relaxation technique			helpline - 0330 606 1174
OCD Action	Support and information for anybody affected by OCD.	Website, phone or Skype support groups available by calling 0303 040 1112.	https://www.ocdaction.org.uk/	support@ocdaction.org.uk	0845 390 6232
OCD UK	Information and support for people with OCD.	Website	https://www.ocduk.org/		
Rethink Mental Illness	Advice and information for people with existing severe mental health conditions requiring treatment	Website	https://www.rethink.org/		
SANE	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.	http://www.sane.org.uk/	support@sane.org.uk	07984 967 708

Available support with anxiety and depression

Name	Description	Support Type	Website	Email	Phone number
Anxiety UK	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	https://www.anxietyuk.org.uk/	support@anxietyuk.org.uk	03444 775774
Insight Healthcare	Talking/psychological therapies commissioned service	Website (on-line self referral form)	https://www.insighthealthcare.org/our-services/talking-therapies/find-a-service/nottingham/	east.midlands@insighthealthcare.org	0300 555 5582
MacMillan Information & Support	Helpline is available for those feeling anxious or lonely	Phone helplines			0115 840 2650 0115 970 9933

Name	Description	Support Type	Website	Email	Phone number
OCD UK	Information and support for people with OCD.	Website	https://www.ocduk.org/		
No Panic	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	https://nopanic.org.uk/about-us/	info@nopanic.org.uk	0844 967 4848 Also youth helpline - 0330 606 1174
Think Ninja	Think Ninja is a commissioned Cognitive Behavioural Therapy app designed for children and young people. It is usually commissioned and accessed via a code however during COVID-19 it is being offered free of charge to all children and young people.	Download the app from android or apple store.	https://www.healios.org.uk/services/thinkninja1		

Child bereavement services

Name	Description	Support Type	Website	Email	Phone number
Child Bereavement UK	National services include confidential information and support line for families and professionals when a child has died and when a child is bereaved	Website and telephone	www.childbereavementuk.org		0800 02 888 40
CRUSE Bereavement Care	Bereavement charity offering online and telephone	Phone (between 9.30 - 5.00 Mon-Fri or email for support	www.cruse.org.uk/	helpline@cruse.org.uk	0808 808 1677
Grief Encounter	Information and advice on supporting CYP through bereavement	Helpline 9am – 9pm Monday to Friday	https://www.griefencounter.org.uk	contact@griefencounter.org.uk	0808 802 0111
Grief Line	Triage bereavement service that connects the grieving person to a relevant agency.	Open 24/7 from 4 May		griefline@nottshospice.org	0800 111 4451
National Bereavement	Practical advice and support (including counselling) for those affected by bereavement.	Freephone helpline number open every day, 7am – 10pm	http://www.nationalbereavementpartnership.org/	helpline@nationalbereavementpartnership.org	0800 448 0800

Name	Description	Support Type	Website	Email	Phone number
Partnership - COVID-19 Hub					
Samaritans	Emotional support for anyone in distress.	24-hour helpline	https://www.samaritans.org/	jo@samaritans.org	116 123
Winston's Wish	Information, advice and guidance on supporting bereaved children and young people	Helpline open 9.00-5.00 Monday to Friday Crisis messenger: text WW to 85358 (24/7)	www.winstonswish.org.uk	https://www.winstonswish.org/supporting-you/ask-a-question/	08088 020 021

Support with self-harm and/or suicidal ideation for children and young people

CALM	Suicide prevention support particularly for men aged 15 to 35	5.00 pm until midnight	https://www.thecalmzone.net/help/get-help/		0800 58 58 58
HOPEline UK	Suicide prevention for young people up to 35	9am – 10pm weekdays, 2pm – 10pm weekends, 2pm – 10pm bank holidays Text 07860 039967	https://papyrus-uk.org/hopelineuk/	pat@papyrus-uk.org	0800 068 4141
Samaritans	Emotional support for anyone in distress.	24-hour helpline	https://www.samaritans.org/	jo@samaritans.org	116 123
Shout	Text support service for anyone in crisis anytime, anywhere - if you're struggling to cope and you need immediate help	Text Shout to 85258	https://www.giveusashout.org/		

Support for adults, children and young people witnessing or experiencing abuse, including domestic and sexual abuse

Name	Description	Support Type	Website	Email	Phone number
Childline	On line and phone support for children. It also includes a Calm Zone to help them let go of worries and anxiety.	Online or on the phone from 9am – midnight	https://www.childline.org.uk/		0800 1111
Family Lives	Help and support for families that are struggling with their relationships or during periods of change.	Online chat, phone helpline or email	https://www.familylives.org.uk/	askus@familylives.org.uk	0808 800 2222
Imara	Specialist service that supports children, young people and their family following a disclosure or discovery of child sexual abuse. Website has a range of support materials including self-help information and links to other support that is available that they would recommend.	Website	https://www.imara.org.uk/		
NSPCC	National service providing help for adults concerned about a child. See Childline for support for children and YP	Online or phone helpline 0808 800 5000	https://www.nspcc.org.uk/		
Rape Crisis	Supports the work of Rape Crisis Centres across the country for women and girls. A Live Chat Helpline can be accessed via the website for girls aged 16+ and women.	Website or phone -Daily 12 pm - 12.30pm and 7 pm - 9.30 pm	https://www.rapecrisis.org.uk/		08088 029 999
Refuge	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	https://www.refuge.org.uk/	www.nationaldahelpline.org.uk	0808 2000 247
Stop It Now!	Helpline for anyone who needs advice on child sexual abuse risk	Mon-Thu 9.00-9.00 Frid 9.00-5.00 Weekends closed	https://www.stopitnow.org.uk/		0808 1000 900
Respect	National organisation providing support for male victims of domestic abuse	Open during Covid 19	http://respect.uk.net/		Men's advice line: 080 801 0327

Support with alcohol, drugs and gambling

Name	Description	Support Type	Website	Email	Phone number
Alcoholics Anonymous	Providing help for a drink problem. Visit the website about services available during COVID-19	24/7 helpline or email	https://www.alcoholics-anonymous.org.uk/	help@aamail.org	0800 9177 650
Gamblers Anonymous	All face to face meetings have ceased, but chat room and online group meetings are available through the website.	Website or phone	https://www.gamblersanonymous.org.uk/	info@gamblersanonymous.org.uk	0330 094 0322
Gambling Helpline	Help for anyone worried about their or someone else's gambling	Live chat or Helpline	https://www.begambleaware.org/		0808 8020 133
Narcotics Anonymous	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	https://www.ukna.org/		0300 900 1212

Support with bereavement

Name	Description	Support Type	Website	Email	Phone number
Bereavement Advice Centre	Support for people who have been bereaved.	Website or phone Monday to Friday 9.00 am to 5.00 pm	www.bereavementadvice.org/		Bereavement Advice Centre
CRUSE Bereavement Care	Bereavement charity offering online and telephone	Phone (between 9.30 - 5.00 Mon-Fri or email for support	www.cruse.org.uk/	helpline@cruse.org.uk	CRUSE Bereavement Care
Harmless	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.	http://www.harmless.org.uk/	info@harmless.org.uk	Harmless
Samaritans	Emotional support for anyone in distress.	24-hour helpline	https://www.samaritans.org/	jo@samaritans.org	Samaritans

Name	Description	Support Type	Website	Email	Phone number
Sue Ryder On Line Community	Online Bereavement Counselling Service provides free, confidential, and professional support over video chat. The service is available for UK residents over the age of 18	Online video chat and chat room	https://community.sueryder.org/		
SANE	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.	http://www.sane.org.uk/	support@sane.org.uk	SANE

Loneliness for those aged 55+

Name	Description	Support Type	Website	Email	Phone number
Silverline	The Silver Line is a helpline and friendship service for people aged 55 and over	24/7 free support	https://www.thesilverline.org.uk/what-we-do/		0800 4 70 80 90

Suicide prevention and self-harm support

Name	Description	Support Type	Website	Email	Phone number
CALM	Suicide prevention support particularly for men aged 15 to 35	5.00 pm until midnight	https://www.thecalmzone.net/help/get-help/		0800 58 58 58
Harmless	Self-harm support	Website or email	http://www.harmless.org.uk/	info@harmless.org.uk	0115 880 0280
HOPEline UK	Suicide prevention for young people up to 35	9am – 10pm weekdays, 2pm – 10pm weekends, 2pm – 10pm bank holidays Text 07860 039967	https://papyrus-uk.org/hopelineuk/	pat@papyrus-uk.org	0800 068 4141

Name	Description	Support Type	Website	Email	Phone number
OCD UK	Information and support for people with OCD.	Website	https://www.ocduk.org/		
Samaritans	Emotional support for anyone in distress.	24-hour helpline	https://www.samaritans.org/	jo@samaritans.org	116 123