

My Mental Health

**YOUNG ZONE
PEOPLE'S**

This easy read information is from Ask Us Nottinghamshire - Young People's Zone.



This document tells you about where you can get help with your mental health.



If you are in danger and cannot keep yourself safe, please go to your local Accident and Emergency Department (A&E).

Mental Health



Mental health issues can affect anyone.



Anyone can have thoughts and feelings that make them feel bad.



You are not alone. Whatever you are feeling, there are other people who feel just like you.



There's always someone who wants to listen to you.



If you need to talk to someone straight away, you can talk to a Samaritans volunteer.



Please phone for free on 116 123



Or you can [visit their website.](#)



If you need help from the NHS in a mental health crisis:



Phone 0808 196 3779 or



Or [Visit NHS Nottinghamshire's webpage.](#)



[There is a video on our webpage about looking after your mental wellbeing.](#)



Many schools, colleges and universities have mental health support/counselling services.



You can speak to the pastoral team or Student Support Services to find out more.



GPs can also offer advice/signposting and refer to more specialist teams.

Organisations who can help with mental health



Text Notts

You can text the word '**Notts**' to **85258** to text with a trained volunteer at any time of the day.



[Nottalone](#)

This is a website for young people in Nottinghamshire to get mental health information, advice and support.



It has lots of information on services available such as:



- [Be U Notts](#)



- [Talkzone](#)



[The Wolfpack Project](#)

This is a group for people aged 16-35 to help people feel less lonely, and happier.



[Nottinghamshire County Council – The Family Service](#)

The Family Service can help families at home or in the community, including help with managing feelings and emotions.



[Nottinghamshire Crisis Sanctuaries](#)

Can offer support and drop-in safe spaces around Nottinghamshire for people aged over 18 who are experiencing mental health difficulties or crisis.



[The Tomorrow Project \(Harmless\)](#)

Offers support to anyone experiencing suicidal crisis or to anyone supporting a loved one in suicidal crisis.



You can phone: 0115 880 0282



You can email:

crisis@tomorrowproject.org.uk



Harmless

Offers support to anyone experiencing self-harm or anyone supporting a loved one who is dealing with self-harm.



You can phone: **0115 880 0280**



You can email:

info@harmless.org.uk



Young Minds

Is a UK charity fighting for young people's mental health.



[Kooth.com](https://www.kooth.com)

Is a free, safe and anonymous online community for mental health support.



[Childline](https://www.childline.org.uk)

Gives under 19s help and advice on lots of issues such as:



- Bullying



- Mental health



- Education



- Home life



- Relationships

Nottinghamshire Healthcare Trust NHS Services



NHS Nottingham and Nottinghamshire Talking Therapies

They can give people aged over 18 short term help for common mental health difficulties, such as low mood, depression and anxiety, or stress.

CAMHS

Community Child and Adolescent Mental Health Services (CAMHS)

CAMHS help young people under 18 who have severe and complex mental health needs.



There are lots of different services in CAMHS, for all sorts of mental health problems.



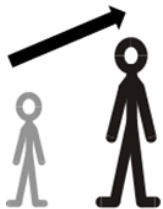
CAMHS IDD Team

CAMHS have a service for young people with a moderate or severe learning disability.



Local Mental Health Teams (LMHT)

Young people that have been getting help from CAMHS and continue to need support with severe and complex mental health needs when they become adults will be referred to their Local Mental Health Team.



The **transition** will start when you are 17 years and 3 months old and may include some joint work between CAMHS and the LMHT to hand over your care.



Intensive Community Assessment and Treatment Team (ICATT)

ICATT is a short-term mental health and challenging behaviour service for adults with a learning disability who are living in the community.

Ask Us Nottinghamshire



You can [contact Ask Us Nottinghamshire](#) for information, advice or support.



The Ask Us Nottinghamshire service is here to help with a range of issues.



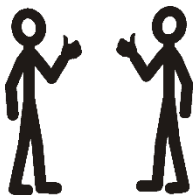
We can:



- Give you advice.



- Talk to your parents.



- Help you identify someone at your school who can support you.



If you would like to talk to us about the information you have read on this page, please contact us.



- [Visit our website.](#)



- Email: enquiries@askusnotts.org.uk



- Phone: 0800 121 7772

Links in this document

Samaritans

[samaritans.org/how-we-can-help/contact-samaritan/](https://www.samaritans.org/how-we-can-help/contact-samaritan/)

NHS Nottinghamshire - help in a crisis

[nottinghamshirehealthcare.nhs.uk/help-in-a-crisis/](https://www.nottinghamshirehealthcare.nhs.uk/help-in-a-crisis/)

Ask Us Nottinghamshire- Young People's Zone- My Mental Health- Including video about looking after your mental wellbeing.

askusnotts.org.uk/young-people/my-mental-health

Nottalone

nottalone.org.uk/aa/about/?a=pc

Be U Notts

beusupport.co.uk/

Talkzone

centreplace.org.uk/

The Wolfpack Project

thewolfpackproject.org.uk/

Nottinghamshire County Council- The Family Service

nottinghamshire.gov.uk/care/childrens-social-care/family-services

Nottinghamshire Crisis Sanctuaries

nottscrisissanctuaries.org.uk/

Harmless- The Tomorrow Project

harmless.org.uk/our-services/people-in-suicide-crisis/

Harmless- Support for people who self-harm

harmless.org.uk/our-services/people-that-self-harm/

Young Minds

youngminds.org.uk/

Kooth.com

kooth.com/

Childline

childline.org.uk/

NHS Nottingham and Nottinghamshire Talking Therapies

notts-talk.co.uk/

Child and Adolescent Mental Health Services (CAMHS)

nottinghamshirehealthcare.nhs.uk/camhs

CAMHS IDD Team

nottinghamshirehealthcare.nhs.uk/camhs-intellectual-disability-team

Nottinghamshire Healthcare Local Mental Health Teams

nottinghamshirehealthcare.nhs.uk/local-mental-health-teams

Nottinghamshire ICATT (Intensive Community and Assessment Treatment Team)

nottinghamshirehealthcare.nhs.uk/idd-icatt/

Contact Ask Us Nottinghamshire

askusnotts.org.uk/contact

For plain English web page version of this information, go to:

[My Mental Health - Ask Us Nottinghamshire](#)

<https://askusnotts.org.uk/young-people/my-mental-health>

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