

Support Services for young people and families

Detailed below are some services, both local and national for support in relation to young people

- CHAT HEALTH: 07507329952 (text)
- PARENTLINE: 07520619919 (text)
- www.healthforteens.co.uk
- Advice Line – 0115 8834661 / 0115 8834663
- ChildLine 0800 1111 www.childline.org.uk
- Kooth - www.kooth.com - this is an on line counselling service
- HealthforTeens -www.healthforteens.co.uk - this is an NHS site supporting teens around health needs and emotional wellbeing.
- HealthforKids – www.healthforkids.co.uk - this is an NHS site supporting children around health needs and emotional wellbeing.
- Your own GP
- Emergency Dept. at your local hospital if in crisis.
- CASY Counselling <http://www.casy.org.uk/>
- CAHMS Crisis team - Tel: [01158542299](tel:01158542299) or [01158440560](tel:01158440560) or Email: CAMHSCrisisTeam@nottshc.nhs.uk
- Young Minds - www.youngminds.org.uk