

Children and Families Direct (09.00 – 17.00): 0115 876 4800

Emergency Duty Team (out of hours): 0115 876 1000

Child and Adolescent Mental Health Service (CAMHS): 0115 854 2299)

CAMHS Crisis Team: 0115 844 0560

Notts Women's Aid: (Domestic abuse support): 01909 533610

Juno Women's Aid: 0808 800 0340

Equation: (Domestic abuse support for men): 0115 960 5556

Childline: 0800 1111

ASK LION Directory (a list of services, information, advice and guidance): [www.asklion.co.uk](http://www.asklion.co.uk)