

Support Services and Resources



Referrals for CAMHS and Behavioural Emotional Health Team
www.bemhnottingham.co.uk CAMHS Nottingham Citywide Tel:
0115 876 4000. BEHT Tel: 0115 883 4760.



Web: www.eduserve.co.uk/additional-needs/sharp-self-harm-awareness-and-resource-project/about-sharp/. Tel: 0116 876 4000.
Email: sharp.nottingham@nottinghamcity.gov.uk

Mental Health Crisis

In a mental health emergency Nottingham City and Nottinghamshire have a mental health crisis team for young people.

Webpage: www.nottinghamshirehealthcare.nhs.uk/camhs-crisis-team Tel: 0115 969 1300.

Other Support Agencies



Online & face-to-face support for young people.



Support for young people. Web: www.base51.org.uk Tel: 0115 704 3114.
Email: info@base51.org.uk



A user led organisation that provides a range of services about self-harm. Web: www.harmless.org.uk



Support for families. Helpline: 0808 800 2222.
Web: www.parentlineplus.org.uk and www.familylives.org.uk



Emotional support for anyone who needs it. 24-hour helpline:
08457 90 90 90. Web: www.samaritans.org



Promotes mental health for children and young people. Helpline for parents: 0800 802 5544. Web: www.youngminds.org.uk

Please turn the page



PAPYRUS
PREVENTION OF YOUNG SUICIDE

HOPELineUK: 0870 170 4000. Web: www.papyrus.org.uk



Essential support for under 25's. Web: www.themix.org.uk



Free 24-hour helpline for children and young people.

Web: www.childline.org.uk and www.nspcc.org.uk

Self Help

NHS self-help guides - <https://web.ntw.nhs.uk/selfhelp/>

Reading Well 'Shelf Help' books located in Nottingham City Libraries - <https://reading-well.org.uk/books/books-on-prescription>

CBT self-help and therapy resources – leaflet on 'Coping with suicidal thoughts' can be found here
<https://www.getselfhelp.co.uk/>

CalmHarm – App for young people to help manage the urge of self-harm. Available from your app store.

Resources

Wellbeing Action Plan - www.cwmt.org.uk/resources

National Self-Harm Network – self-harm resources including distraction techniques, first aid and advice for friends and family www.nshn.co.uk/downloads.html

The art of conversation – A guide to talking, listening and reducing stigma surrounding suicide.
<http://breathingspace.scot/media/36114/6021-art-of-conversation.pdf>

Free online course – Communicating with your teenager about self-harm www.virtual-college.co.uk/news/virtual-college/2017/02/self-harm-course-launch

Coping with self-harm - a guide for parents and carers coping with self-harm
www.psych.ox.ac.uk/research/csr/research-projects-1/coping-with-self-harm-a-guide-for-parents-and-carers