

Support available for Young people in Nottingham

These services are really friendly and they will help you!



ITS OK TO NOT BE OK!

CAMHS help with mental Health..

To get help:

Text: **07860 002 131**

Phone: **0115 876 4000**

For more info and self-help, find us on

camhs_nottinghamcity
 CAMHS Nottingham City
 nottinghamcity.gov.uk/camhs



JIGSAW - Nottingham is a support service for young people and families affected by drugs or alcohol. Follow or contact them at:

cgljigsaw
 CGLJigsaw
 jigsaw@cgl.or.uk



Childline is for all young people up to 18 years. You can contact them about anything. Whatever your worry - big or small.

Call FREE on 0800 1111 (Open until 3:30am every night)

Chat Online at www.childline.org.uk/get-support



Nottingham City Council

Our Youth Provisions delivers fun activities / Programmes to develop and support young people. We offer 1:1 support and small group session.

To find our centres and our partners provisions, please search www.asklion.co.uk

playandyouth@nottinghamcity.gov.uk

Food Banks



Visiting a food bank isn't something to be worried about - they are here to help.

To find your nearest food bank visit

www.asklion.co.uk/food
Or call the families Information Service FREE on

0800 458 4114

kooth

Whether you're feeling sad, anxious, or finding life hard, know that you are not alone. Kooth provides free, safe and anonymous support. Check out

Kooth_uk
 Kooth_uk
 KoothUK
 info@xenzone.com

HashtagNG

If you or someone you know is involved or at risk of violence or exploitation, you should confide in someone you trust. It could save a Life!! Check out

www.hashtagng.co.uk or follow:

_hashtagng
 HashtagNG
 Hashtagnotts
 hashtagng



Futures FOR YOU

Futures support young people to explore options and find opportunities like apprenticeships, sixth form, college, university and work.

futuresforyou.com
 0800 858520
 talk@futuresforyou.com



Nottingham Youth Justice Service (YJS) is looking for committed, caring people representing the diverse communities throughout Nottingham who are willing to give their time to challenge youth crime in the city, in the role of a Volunteer Panel Member.

To find out more about the role and for an application form, please go to

0115 9159400
 www.nottinghamcity.gov.uk/VolunteerForYJS
 YJS@nottinghamcity.gov.uk



Nottingham City Council

To find out what support you can access from Early Help

Please search www.Asklion.co.uk or contact your local Family Hub where support and guidance can be offered as appropriate.

Southglade Access Centre – 0115 8761890
Broxtowe Family Hub – 0115 8763888
Meadow's Family Hub – 0115 8761320

Email: CityWideEarlyHelpTeams@nottinghamcity.gov.uk



Nottingham University Hospitals and Health Promotion clinical services are set up for young people aged 13 - 19 to get free, confidential, help, support and advice about sex and relationships, resisting peer pressure, sexuality, contraception, STIs, pregnancy testing and emergency contraception

07814 678 460
 aycnottingham.co.uk