

Turning Point Mental Health Helpline:

T: 0808 1963779

The Tomorrow Project:

Drop Ins and suicide support prevention service.

T: 0115 8800280

W: harmless.org.uk/the-tomorrow-project-3/

Papyrus: Prevention of young suicides (under 35s).

T: 0800 0684141

W: www.papyrus-uk.org

SMS: 07860 039967

CALM: Campaign Against Living Miserably (for Men)

T: 0800 585858

W: www.thecalmzone.net

Notts Mental Health Crisis

Line: Open 24/7

T: 0808 1963779

Emergency Department, Kings Mill:

T: 01623 622515

Samaritans:

T: 116 123

Shout Crisis Text Line:

SMS: "SHOUT" to 85258

W: www.giveusashout.org

Age UK:

T: 0115 8440011

W: www.ageuk.org.uk

The National No Panic Helpline:

People on verge of, or having a panic attack. 10:00-22:00

Daily

T: 0300 7729844

W: www.nopanic.org.uk

Rethink:

T: 0808 8010525

W: www.rethink.org

Mind:

T: 0300 1233393

W: www.mind.org.uk

Nottinghamshire Crisis Sanctuaries:

Drop Ins across county, phonedlines open 16:00-23:00 daily.

T: 0115 8441846

W: www.nottinghamshirecrisis-sanctuaries.tv/

NHS 111:

Immediate support for mental health.

T: 111

Nottinghamshire Talking Therapies:

Free therapy service.

T: 0333 1881060

W: notts-talk.co.uk/

Let's Talk Wellbeing

T: 0300 3002200

NottAlone:

Advice and support for individuals.

W: nottalone.org.uk/cp/

Change Grow Live:

Support for alcohol and drug misuse

W: changegrowlive.org/

Notts SVSS:

Sexual violence support services. Phone support 10:00-13:00, 16:30-19:30.

P: 0115 941 0440

W: nottssvss.org.uk/

Nottinghamshire Mind:

#Well Cafes, supported listening and counselling.

W: nottinghamshiremind.org.uk/

Framework:

Housing Association

W: www.frameworkha.org/



List of additional support services. Please note opening times for different services.

In the event of an emergency contact 999