

INFORMATION FOR PATIENTS, PARENTS, GUARDIANS AND CARERS

Emotional support services

General support for emotional difficulties

Healthy Families Team

This is a new integrated service for children, young people and families which brings together care provided by health visitors, school nurses, the Family Nurse Partnership Programme and the National Childhood Measurement Programme.

Website: <https://www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams>

Parents can ring directly to access support around emotional difficulties on: 0300 123 5436

Child and Adolescent Mental Health Team

The Nottinghamshire CAMHS team provides assessment and support for young people 0-18 years with emotional and mental health difficulties.

Website: www.nottinghamshirehealthcare.nhs.uk/camhs

There is an online referral form available. Telephone referrals can also be made by parents or self referral by young people by contacting the Single Point of Access Team (SPA).

Telephone: 0115 854 2299 (calls are taken Monday to Friday, 8-4 pm)

CAMHS Crisis Team 0115 844 0560

If you have immediate concerns about your child's mental health, for example they are threatening suicide or they are self-harming, please contact your GP or NHS 111, or take your child to your nearest Emergency Department.

In addition to the services above, additional support can be accessed from the following organisations.

Nottinghamshire Help Yourself website

This gives information about all services in Nottinghamshire for a range of needs.

Website: www.nottshelpyourself.org.uk

YoungMinds

YoungMinds is the UK's leading charity championing the wellbeing and mental health of young people. They provide internet resources for parents and young people and a helpline for parents.

Website: www.youngminds.org.uk

Contact YoungMinds Textline - free 24/7 text messaging support. **Text:** YM to 85258

Be U Notts

Be U Notts is a free early mental health and Emotional Wellbeing support service for Children and Young People in Nottingham and Nottinghamshire.

Website: www.beusupport.co.uk

NottAlone

Local mental health advice and help for young people in Nottingham and Nottinghamshire, all in one place.

Website: Nottalone.org.uk

MindED

MindEd is a free educational resource on children and young people's mental health for all adults. It has information for parents and professionals.

Website: www.minded.org.uk

Kooth online counselling

Kooth is an online counselling and emotional well-being platform for children and young people (aged 11-25 years), accessible through mobile, tablet and desktop. The services is available Monday to Friday, 12pm-10pm, and weekends 6pm-10pm, 365 days per year.

Website: <https://www.kooth.com/>

Health for Teens

The Health for Teens website provides support and resources about teenage health and wellbeing, including up to date links with local services.

Website: www.healthforteens.co.uk

Harmless

Harmless is an organisation who works to address and overcome issues related to self harm and suicide.

Website: harmless.org.uk

Royal College of Psychiatry patient/family information leaflets

This website has a wide range of information leaflets about common conditions affecting children and young people.

Website: <https://www.rcpsych.ac.uk/mental-health/parents-and-young-people>

BEAT

This is a charity which provides support and advice around eating disorders.

Website: www.beateatingdisorders.org.uk

Helpline: 0808 801 0677 (available 365 days a year, 9am-midnight during the week and 4pm-midnight on weekends and Bank Holidays).

There is also a one-to-one web chat available via the website.

Children's Bereavement Centre

The charity supports local children and their families affected by death and terminal illness.

Website: www.childrensbereavementcentre.co.uk

Telephone: 01636 551 739

Email: info@childrensbereavementcentre.co.uk

CASY Counselling

A confidential counselling service for children and young people (age 6-25 years) in the Nottinghamshire and Lincolnshire areas. Schools can also refer to this service - please discuss a referral with your school. If your school does not access this service you may be asked for a contribution.

Website: www.casy.org.uk

Telephone: 01636 704 620 (parents can contact to refer their child/young person).

HappyMaps

A charity developed by GPs and CAMHS professionals with help from parents and young people. The website pools different support services in one place and offers text support, helplines, ideas for self-help, plus links to much more. There is a self-referral page available for support for children and young people on the website.

Website: HappyMaps | Support for Your Child's Mental Health

Notts LGBT + Network

Support for Nottinghamshire LGBT + Community

Telephone number: 0115 934 8485

Website: www.nottslgbt.com

If you have immediate concerns about your child's emotional or mental health you should contact CAMHS SPA Team as above, your GP, or the NHS 111 service.

Information services

Information Service

This service now combines ASK US Nottinghamshire and ASK Iris. They provide information, advice and support for children and young people with disability or special educational needs and their families.

Website: www.askusnotts.org.uk

Telephone: 0800 121 7772

Library and Knowledge Service, King's Mill Hospital

The King's Mill Library has a large collection of books and resources to support parents.

Online link to catalogue of books and resources:

<https://koha.healthlibrariesmidlands.nhs.uk/> - click on 'All libraries' on the right hand side and select King's Mill Hospital.

Telephone: 01623 622515, extension 4009.

Location: Walk into the hospital from the main entrance past Costa Coffee, walk until you reach a T junction and can go no further, turn right, then take the first set of stairs on your left past the doors to the outside. Go up to the 1st floor, turn left and the library is then on your left.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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