

Mental health matters



What's available?

Nottinghamshire Talking Therapies

A free and confidential NHS service designed to help with common mental health problems such as stress, anxiety and depression. Anyone aged 18 years or over and registered with a GP can access support, though a GP referral is not necessary as you can self-refer.



Better Health - Every Mind Matters

Small things can make a big difference. Answer 5 simple questions to get your personalised mental health action plan with tips and advice to help you be kind to your mind. To get a free personalised Mind Plan search Every Mind Matters or scan the QR code.



every mind matters

Be U Notts

Be U Notts is a FREE, Early Mental Health and Emotional Wellbeing Support service for Children and Young People between 0-25 years old in Nottingham and Nottinghamshire.



Headspace

Live a healthier, happier, more well-rested life in just a few minutes a day with the Headspace app. Providing unique tools in mindfulness and meditation and resources to help reduce stress, build resilience, and aid better sleep. To start your FREE trial today download the app or visit their website!



Stress Awareness Month

April is National Stress Awareness Month to raise awareness of the negative impact of stress. The month of April is our opportunity to help break the stigma around stress: talk about stress and the effect it can have on us and how to look after yourself. To find out more about what you can do during Stress Awareness Month, visit MIND today.



NottAlone

NottAlone brings a range of local mental health advice and help for young people together in one place. There are dedicated sections for young people looking for help and guidance, parents and carers who may have concerns, and also professionals who work with children and young people.



Urgent Numbers

If you or anyone else is in immediate danger of harm call 999 or visit your nearest A&E department. Call your local NHS mental health crisis team for 24/7 support on 0808 196 3779. Call the Samaritans for free on 116 123 (24/7). Get free, confidential mental health support anytime, anywhere. Text 'SHOUT' to 85258. Text Notts to 85258 for free support via text message. Call NHS 111 if you urgently need medical help or advice but it is not a life-threatening situation.

