**Emergency 999**

**Local Police 101**

**Mental Health Crisis Team 0808 196 3779**

**Child Line 0800 1111**

**Samaritans 116 123**

[**Nottingham’s Homeless Housing**](https://www.emmanuelhouse.org.uk/) **07480 593488**

**Emmanuel homeless support 0115 950 7140**

**Immediate help for Homelessness**

[**www.thestreetlink.org.uk**](http://www.thestreetlink.org.uk)

**Emergency Duty Team (Nottingham County)** **0300 456 4546: social care emergencies out of hours.**

**Emergency duty team (Nottingham City) 0115 915 9299**: **social care**

**Nottingham City council children’s services 0115 915 5555: social care daytime**

**Children’s MASH team (County) 0300 500 80 80**

**Children’s MASH team (City)** **0115 876 4800**

**Nottingham City Adult services 0115 8763330**

**Nottingham County Adult Services 0300 500 80 80**

**National Society for the Prevention of Cruelty to Children (NSPCC)**

If you are an adult who wants to speak to someone because you are worried about a child's safety or wellbeing but are not sure what to do, you can phone the NSPCC Free Helpline

* **Phone:** 0808 800 5000.
* **Visit:**[NSPCC Helpline | NSPC](https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/nspcc-helpline/)

**You're not alone- Suicide prevention**

Help is available

If you are experiencing difficult thoughts call

**116-123**

* 24-hour crisis line can help if you are in a crisis at any time – 0808 196 3779
* Crisis teams can help you if are open to a mental health team already
* Mansfield: 0115 9560860    Nottingham City: 0300 300 0065
* Bassetlaw: 0300 123 1804  Newark and Sherwood: 0300 3000 131
* Nottingham County South: 0115 956 0800
* Samaritans: 116 123 Online: [www.samaritans.org](https://www.samaritans.org/)

NHS Talking therapies and counselling

Let’s talk wellbeing 0115 9560888 for Mansfield, Ashfield, Newark and Sherwood by phone or on the [NHS Nottinghamshire website](https://www.nottinghamshirehealthcare.nhs.uk/latest-news/lets-talk-wellbeing-is-here-to-help-4587).

[https://notts-talk.co.uk/](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnotts-talk.co.uk%2F&data=05%7C02%7Cpenny.turner%40southwell.anglican.org%7C6703cd13a4be4b61e3b908dca714798a%7C11f02cbe3a5b4c4eab4ee37ec8e0fd36%7C0%7C0%7C638568953578078091%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=Zy4fiD%2BzoYuKhIoo2vyYaUmqWPaJhAO5yXWXBV6r53c%3D&reserved=0)

* Trent PTS Psychological Therapies Service 0115 8963160
* Self-harm support via email [www.nshn.co.uk](https://www.nshn.co.uk/)
* Shout 85258. Free 24/7 mental health text support if you are struggling to cope

**Young minds, help for children with mental health problems and parents**

[Parents Mental Health Support | Advice for Your Child | YoungMinds](https://www.youngminds.org.uk/parent/)

**Safe Spaces**

[Safe Spaces (National Church-Related Abuse Support Service) - First Light](https://www.firstlight.org.uk/our-services/safe-spaces/)

This is a free and independent support service, providing a confidential, personal and safe space for anyone who has been abused by someone in the Church or as a result of their relationship with the Church of England, the Catholic Church in England and Wales or the Church in Wales.

[Home - Safe Spaces England and Wales](https://safespacesenglandandwales.org.uk/)

Home - Safe Spaces England and Wales

[Nottinghamshire Sexual Violence Support Services | Notts SVS Services](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnottssvss.org.uk%2F%23%3A~%3Atext%3DYou%2520can%2520phone%2520our%2520helpline%2Cour%2520online%2520referral%2520form%2520here.&data=05%7C02%7Cpenny.turner%40southwell.anglican.org%7Cba93a3165a714010786f08dca7145951%7C11f02cbe3a5b4c4eab4ee37ec8e0fd36%7C0%7C0%7C638568953052110429%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=baLXpPx0WB%2FLxVdnpoYQNOjApay2ywIEo5qohU6W3gs%3D&reserved=0)

[Nottingham Counselling Service - The Survivors Trust](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fthesurvivorstrust.org%2Fmembers%2Fnottingham-counselling-service%2F&data=05%7C02%7Cpenny.turner%40southwell.anglican.org%7Cba93a3165a714010786f08dca7145951%7C11f02cbe3a5b4c4eab4ee37ec8e0fd36%7C0%7C0%7C638568953052128707%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=7DvrMG3gVo%2BOlmA7LKOYEfR6hlwmix1jZF6JKtaj0Ds%3D&reserved=0)

[Support for Survivors](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fsupportforsurvivors.org%2F&data=05%7C02%7Cpenny.turner%40southwell.anglican.org%7Cba93a3165a714010786f08dca7145951%7C11f02cbe3a5b4c4eab4ee37ec8e0fd36%7C0%7C0%7C638568953052140643%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=AnCqlOqqgpj3okizD0a0acjwPUmi77%2F9h0vgrk29xwQ%3D&reserved=0)

[Get Help - SHE UK (she-uk.org.uk)](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.she-uk.org.uk%2F&data=05%7C02%7Cpenny.turner%40southwell.anglican.org%7Cba93a3165a714010786f08dca7145951%7C11f02cbe3a5b4c4eab4ee37ec8e0fd36%7C0%7C0%7C638568953052148989%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=lb8lA%2Fyxfgyn7IALTXn5QkksXepwluMwT9f5%2BbRBqPE%3D&reserved=0)

**Safe Survivors**

[About SAFE Survivors Nottingham | SAFE Survivors Nottingham (wordpress.com)](https://survivorsnottingham.wordpress.com/about/)

Silverline 0800 4 70 80 90 and link is [The Silver Line Helpline](https://www.thesilverline.org.uk/)

The Silver Line Helpline

The Silver Line Helpline is a free telephone service just for older people. We provide friendship and support 24 hours a day, 7 days a week.

**Support Services MOSAC offers free counselling services**

Support line                         [www.supportline.org.uk/problems/child-abuse](https://eur02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.supportline.org.uk%2Fproblems%2Fchild-abuse&data=05%7C01%7Cpenny.turner%40southwell.anglican.org%7C6236d12f4ebc45093b2408db41ad6af9%7C11f02cbe3a5b4c4eab4ee37ec8e0fd36%7C0%7C0%7C638175985301811573%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=IMkpVl2wnE7OXih9fZ8NmZ7nDeSZw%2BqpzpHwxm0RvVs%3D&reserved=0)

MOSAC                               [www.mosac.org.uk/our-services](https://eur02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.mosac.org.uk%2Four-services&data=05%7C01%7Cpenny.turner%40southwell.anglican.org%7C6236d12f4ebc45093b2408db41ad6af9%7C11f02cbe3a5b4c4eab4ee37ec8e0fd36%7C0%7C0%7C638175985301967797%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=ckqemy7HkhWZ4a%2FIECDgKMgmKqC2i52u2boMzJQgg4g%3D&reserved=0)

CYPNOW                            [www.cypnow.co.uk/blogs/article/supporting-parents-and-carers](https://eur02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.cypnow.co.uk%2Fblogs%2Farticle%2Fsupporting-parents-and-carers&data=05%7C01%7Cpenny.turner%40southwell.anglican.org%7C6236d12f4ebc45093b2408db41ad6af9%7C11f02cbe3a5b4c4eab4ee37ec8e0fd36%7C0%7C0%7C638175985301967797%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=EEcFUyRYN%2BKTJ4M3bb%2FBE7uLh3%2Blc5JYOGLqSnotSso%3D&reserved=0)

Gov support                        [www.gov.uk/government/publications/child-sexual-abuse-victims](https://eur02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.gov.uk%2Fgovernment%2Fpublications%2Fchild-sexual-abuse-victims&data=05%7C01%7Cpenny.turner%40southwell.anglican.org%7C6236d12f4ebc45093b2408db41ad6af9%7C11f02cbe3a5b4c4eab4ee37ec8e0fd36%7C0%7C0%7C638175985301967797%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=6dDQOEbOqfFYs7jLhMQ6khSa2xEwnP8%2FyzVxPqMftEU%3D&reserved=0)

Resources                           [www.ccinform.co.uk/practice-guidance/child-sexual-abuse](https://eur02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.ccinform.co.uk%2Fpractice-guidance%2Fchild-sexual-abuse&data=05%7C01%7Cpenny.turner%40southwell.anglican.org%7C6236d12f4ebc45093b2408db41ad6af9%7C11f02cbe3a5b4c4eab4ee37ec8e0fd36%7C0%7C0%7C638175985301967797%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=%2FruzGLBxiOp7FBGKPHa3j3relO080cKI0MOAeO7J53c%3D&reserved=0)

RAINN                                 [www.rainn.org/articles/help-parents-children-who-have-been](https://eur02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.rainn.org%2Farticles%2Fhelp-parents-children-who-have-been&data=05%7C01%7Cpenny.turner%40southwell.anglican.org%7C6236d12f4ebc45093b2408db41ad6af9%7C11f02cbe3a5b4c4eab4ee37ec8e0fd36%7C0%7C0%7C638175985301967797%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=e7r9wuhe%2Fam%2BytkuUfKsUJPVZyL4VdylX%2F37AmfMXt0%3D&reserved=0)

Stop it Now  08081000 900  link: [Stop It Now | Preventing child sexual abuse](https://www.stopitnow.org.uk/?gad_source=1&gclid=EAIaIQobChMIibzUm4ypiAMV25pQBh1twTpREAAYASAAEgKhn_D_BwE)

Stop It Now | Preventing child sexual abuse

Online self-help and confidential Stop It Now helpline for anyone worried about child sexual abuse, including their own thoughts or behaviour.