




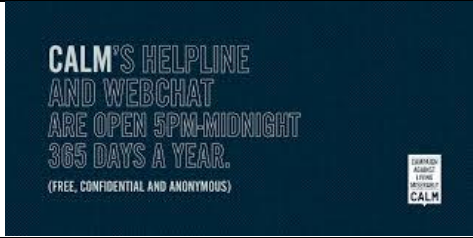




Self Help Information

 <p>kooth Free online counselling support for young people!</p>	<p>www.kooth.com</p>
	<p>www.childline.org.uk</p>
	<p>www.youngminds.org.uk text YM to 85258</p>
	<p>www.giveusashout.org</p>
	<p>www.womensaid.org.uk</p>
	<p>www.cymhc.org.uk</p>
	<p>www.mind.org.uk 0300 123 3393</p>
	<p>www.rethink.org 0300 5000 927</p>
	<p>www.annafeud.org</p>
	<p>www.base51.org</p>

Self Help Information

	www.headstogether.org.uk
	www.placetobe.org.uk
	www.time-to-change.org.uk
	www.themix.org.uk
	www.charliewaller.org
	www.healthforteens.co.uk
	www.talkofftherecord.org/need-help-now/moodjuice
 	www.nhs.uk/oneyou/every-mind-matters

Self Help Information

	<p>www.mermaids.org.uk 0808 801 0400</p>
	<p>www.youngpeopleshealth.org.uk</p>
	<p>www.togetherall.com</p>
	<p>www.calmzone.net 0800 58 58 58</p>
	<p>Email: letstalknottingham@nottshc.nhs.uk</p>
	<p>www.beatingeatingdisorders.org</p>
	<p>www.cmpmhc.org</p>
	<p>jo@samaritans.org</p>

Self Help Information

 <p>PAPYRUS</p>	<p>Hopeline 0800 0684141</p>
 <p>support information training consultancy</p>	<p>www.harmless.org.uk</p>
<p>All the information you need</p> <p>nottshelpyourself.org.uk</p>  <p>Childcare providers Support for young people with special educational needs Health and social care support and information Activities, groups and events in your area Employment and Volunteering opportunities</p>	<p>0300 500 80 80</p>
	<p>www.selfharm.co.uk</p>
 <p>Notts LGBT+ NETWORK</p>	<p>0115 934 8485 Text 07481 344040 info@lgbt.com</p>
 <p>change, grow, live</p>	<p>www.changegrowlive.org</p>
 <p>COUNSELLING AND SUPPORT FOR YOUNG PEOPLE</p>	<p>www.casy.org.uk</p>