

Useful organisations

This was sent from the Healthy Families Team

- Parentline **07520 619919** – Healthy Family Teams confidential **texting service** to provide parents and carers advice around feeding, child development, parenting advice and support, emotional health and wellbeing, behaviour difficulties and family health.
- Chat Health **07507 329952** - this is a confidential **texting service** for 11 to 19 year olds in Nottinghamshire Healthcare NHS Trust.
- ChildLine 0800 1111 www.childline.org.uk
- Kooth - www.kooth.com - this is an online counselling service.
- Health4teens - www.healthforteens.co.uk - this is an NHS site supporting young people around emotional wellbeing.
- Health4kids – www.healthforkids.co.uk – this is an NHS site supporting young children and parents.
- Notts Help Yourself – www.nottshelpyourself.org.uk – this is a site for advice, information and local services available.
- CAMHS crisis team - Tel 01158542299 or 01158440560 or email CAMHSCrisisTeam@nottshc.nhs.uk
- Young Minds – www.youngminds.org.uk