

Mount Church of England Academy
School & Nursery
Information on Mental Health
and Well-being

Nottinghamshire Healthcare Foundation Trust launched a new mental health helpline for local people in crisis.

The service is available to anyone in mental health crisis at anytime, anywhere across Nottingham and Nottinghamshire and is available 24 hours a day, seven-days a week, the Freephone number, 0808 196 3779 is the number to call if you are experiencing a mental health crisis and need immediate help. It's open to people of all ages who need urgent mental health support.

Nationally

Local mental Health advice and help for young people in Nottingham and Nottinghamshire

www.nottalone.gov.uk

Notts help yourself website
www.nottshelpyourself.org.uk

Facebook group

Sherwood Area Partnership parenting support

www.sherwoodareapartnership.co.uk

Men's Health Forum – 24/7 stress support for men by text, chat and email.

www.menshealthforum.org.uk

www.nottinghamshirehealthcare.nhs.uk

Suicidal Thoughts

www.mind.org.uk/information-support/types-of-mental-health-problems/suicidal-feelings/about-suicidal-feelings/

Support with COVID 19 related problems, depression, anger management, alcohol, bereavement, gambling and lots more.

www.supportline.org.uk/problems/helpline

01708 765200

Email: info@supportline.org.uk

Anxiety

Phone: 03444775774 (Monday to Friday, 9:30am to 10pm; Saturday to Sunday, 10am to 8pm)

www.anxietyuk.org.uk

As well as a lot of useful information and tools to manage anxiety, this charity also has a specific section about anxiety and coronavirus.

Rethink mental illness

www.rethink.org

This site has lots of useful information on mental health generally as well as content specifically around coronavirus and mental health.

Mind

www.mind.org.uk

sharing personal mental health stories to information on the different types of psychiatric medicine. Mind is a wealth of information and advice about all mental health issues. Support for a healthy bedtime routine. Do's and don'ts, advice and tips.
www.sleepfoundation.org/children-and-sleep/bedtime-routine

Regionally

Young minds – Phone: Parents' helpline 08088025544 (Monday to Friday, 9:30 to 4pm)

www.youngminds.org.uk

Support with gay, lesbian, bisexual or transgender

www.switchboard.lgbt

Advice and support with gender questioning.

Open 10am till 10 pm

Support with eating disorders

Email – help@beateatingdisorders.org.uk

Call – 08088010677

Samaritans – Phone: 123 (free 24 hour helpline)

www.samaritans.org.uk

Self-harm support for 14-19 year olds. Online forum with 24 hour support www.nshn.co.uk

Obsessions and compulsions disorder

www.ocduk.org/ocd

Helpline 588112

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