Mental Health Publications Self Help/Wellbeing <https://www.mentalhealth.org.uk/publications>

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Instructions for counselling ref Base 51, NGY, Castle Gate, Nottingham.

Fill out referral form – see other email, form attached

Referral form found on [Base 51 Counselling Service - nottingham.signpostinghealth.com](https://nottingham.signpostinghealth.com/wp-content/uploads/2017/09/Base-51-Referral-Form.docx)

3 month waiting list – quicker if available during the day.

Initial appointment assessment 30 mins

Drop ins Tuesday 4-5pm, Wed 6-7pm and Thursday 4-5pm

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The Mix – Get connected under 25’s free helpline 0808 8084994

Text 85258

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Let’s talk –

To make an appointment/referral

General enquiries

For help, support or for any general enquiry about our services:

Phone: 0115 969 1300

This line is available 24 hours a day

3 Week waiting list – initial consultation therapist will phone student for 30 min assessment and then make an appointment

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Wellbeing Hub Nottingham – Over 18 years

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Voice Collective (hearing voices?)

Tel 020 79110822

Email info@voicecollective.co.uk

Voice Collective.co.uk website hearing voices self help

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Wellness in Mind
Nottingham Wellbeing Hub

**Face to Face** 73 Hounds Gate, NG1 6BB

Monday - Friday
9am - 5pm

Address

**Online** - 9am – midnight seven days a week. <https://www.wellnessinmind.org/talk-to-us-online/>

**Call** - 9am – midnight seven days a week 0800 561 0073

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Crisis Resolution Home Treatment Contacts – **This is only for individuals who have had previous contact with this service.**

* Nottingham City: 0300 300 0065 (24 hours)
* Nottingham County South: 0300 123 2901 (24 hours)
* Mansfield and Ashfield: 0115 956 0860  (24 hours)

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Someone who is waiting for a referral for CBT, may like to try the following link.

* [https://www.getselfhelp.co.uk//step1.htm](https://www.getselfhelp.co.uk/step1.htm)
* Bassetlaw: 0300 123 1804 (7.30am – 9pm) or 0115 956 0860 (9pm – 7.30am)
* Newark and Sherwood:  0300 3000 131 (9am-5pm, Monday - Friday)  or 0115 956 0860 (5pm - 9am Monday - Friday, and weekends)

If you feel you are experiencing a mental health crisis or are in mental health distress, you may be having suicidal thoughts or wanting to harm yourself. You could be experiencing panic attacks, extreme anxiety or stress. You may also be hearing voices, experiencing delusions and hallucinations.

A mental health crisis can often make you feel extremely fragile or at breaking point, not knowing which way to turn.

The CRHT team has a 24 hour help line, we will be able to offer you immediate telephone support and reassurance to ensure that you feel safe and to help you manage your distress.

**If you are not in contact with our services**

If you, a friend or relative are experiencing mental health problems for the first time and need emergency treatment, you should contact your GP.

Your GP is your family doctor, the doctor you would normally go to see if you are ill or concerned about any aspect of your health. They will be able to refer you to the most appropriate mental health services in your area. If you feel this is an emergency, you should be able to get an appointment quickly. GP practices also have out of hours numbers for times when the surgery is not open. Alternatively, A&E where you can access the on call psychiatrist.

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**Contact Us if you are 16 or over. Derbyshire**

Self-refer: before you refer yourself, please read our [‘Interested in having talking therapy?'](http://www.derbyshirehealthcareft.nhs.uk/services/talking-mental-health-derbyshire-home/interested-in-talking-therapy/) section.

This section has Information and Questionnaires to help you decide whether a referral is needed, or if Self help might be a better option for you. If you have questions for us after reading any of the information on the website, or about completing the referral form, then please see our contact details below:



**If you prefer, download a copy of our** [**Self-referral leaflet**](http://www.derbyshirehealthcareft.nhs.uk/EasySiteWeb/GatewayLink.aspx?alId=21849)**Telephone: 0300 123 0542.**  Normal office hours are Monday to Friday 9am-5pm. You can also choose to leave a non-urgent confidential message and someone will return your call.

**Email**: **talking@derbyshcft.nhs.uk**

**Office address**: Talking Mental Health Derbyshire, [**Ilkeston Resource Centre**](http://www.derbyshirehealthcareft.nhs.uk/contact-us/site-locations/ilkeston-resource-centre-midway-day-hospital/)**,** Ilkeston Community Hospital, Heanor Road, Ilkeston DE7 8TL.

Can't wait?

Should you feel that you need to speak to someone urgently, we recommend that you contact your GP surgery and speak to the duty doctor. If your GP surgery is closed, the following organisations may be able to offer you support:

* **NHS**: 111
* **Samaritans**: 116 123
* **Focus Line**: 0800 027 2127 (open 5:00pm to 9:00am Monday to Friday, 24 hour weekends).

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**U25s For Young People Mental Health Support Group - Mansfield**

We are a group of professionals who are passionate about providing a place, space and the grace for young people to address their issues. Issues that prevent young people from living a content and fulﬁlling life. We provide fully qualiﬁed counsellors afﬁliated BACP members

Call to book in for a consultation 07988756095

**Mansﬁeld Ladybrook Community Centre 1:1 counselling, volunteer counsellors,** there is a £10 charge for room hire, for those who are on a bursary the fee is waivered and you will be offered a free place.

There is a support group that takes place on a Wednesday, again call the number above if you would like to attend, or ask about an alternative day.

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Please see below the link for the Muslim Youth helpline. They offer online counselling as well as other support. <https://www.myh.org.uk/>