

BEREAVEMENT



The **Children's Bereavement Centre**, based in Newark, is a uniquely special centre, where children, young people and their families from Nottinghamshire and parts of Lincolnshire who are affected by terminal illness, death or the divorce or separation of someone close, can access the support and guidance they need. www.childrensbereavementcentre.co.uk

BULLYING



Kooth, from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use. www.kooth.com

DRUGS AND ALCOHOL



Frank offers friendly, confidential drugs advice for young people and parents. www.talktofrank.com

FAMILY SUPPORT



Family Care offers support to families, children and young people affected by bereavement, domestic abuse and family separation. Offering services in Nottingham City, County and surrounding areas www.familycare-nottingham.org.uk

HEALTH



The Health Shop is a free, confidential drop-in service, based in Nottingham and open to all, which offers advice and support on a wide range of issues regarding substance abuse and sexual health. Based on Broad Street in Hockley. www.healthshopnottingham.co.uk

LESBIAN, GAY, BISEXUAL & TRANSGENDER

The LGBT+ Service Nottinghamshire is a new service that has been developed by Centre Place. This is an expansion of the current LGBT+ provision that we have been providing since 2010 through the Workshop Out on Wednesday (WOW) 16-25's LGBT+ Bassetlaw service.



MENTAL HEALTH



YoungMinds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. They offer a wealth of information, advice and support to young

people and children and their parents on topics ranging from anger issues and anxiety to bullying, mental health and ADHD. www.youngminds.org.uk



ONLINE SAFETY

Connect Safely is for everyone engaged in and interested in the impact of social media and mobile technology. You will find tips, safety advice and other resources to promote safe, effective use of technology. www.connectsafely.org

PERSONAL SAFETY AND ABUSE

The **NSPCC** is the leading charity in working to support families and protect children and young people from all forms of abuse. www.nspcc.org.uk



RELATIONSHIPS & SEXUAL HEALTH

The FPA offers wealth of information and support for young people and their parents on sexual health, relationships and sex education. www.fpa.org.uk

SELF HARM



Selfharm UK is a project dedicated to supporting young people impacted by self harm, providing a safe space to talk, ask any questions and be honest about what's going on in your life. We believe harming isn't a helpful way of coping with life, but we know the journey to recovery can be difficult. Many of us involved in running this site have self-harmed in the past, so we know what it feels like. We also hope parents and friends of someone harming will find plenty of advice and encouragement. We realise it can be tough to know what to say or how to help. www.selfharm.co.uk

SEN SUPPORT

Ask Us Nottinghamshire provides parents, carers, children and young people with free, confidential and impartial information, advice and support on children's special educational needs and disability matters. We operate across Nottinghamshire and Nottingham City; we can signpost or refer callers to other teams for more specialist advice. www.askusnotts.org.uk

GENERAL TEEN SUPPORT



The Mix is a hugely comprehensive website offering advice, information and support for teenagers on topics such as sex and relationships, body issues, mental health, drink and drugs, housing, money, work and study, crime and safety and travel and lifestyle. www.themix.org.uk

Established in 1980, **TEEN LINE** is a nonprofit, community-based organization helping troubled teenagers address their problems. It is our mission to provide personal teen-to-teen education and support before problems become a crisis, using a national hotline, current technologies and community outreach. <https://teenlineonline.org/>