



Please see below services that may be able to offer you additional support:

LOCAL SUPPORT SERVICES

Ask Lion- Nottingham City Directory

www.asklion.co.uk

Children's 0-19 Public Health Nursing Service- Children's Health Advice Hub

www.nottinghamcitycare.nhs.uk/our-services/childrens-public-health-0-19-nursing-service
Tel: 0300 300 0040
Mon-Fri 8:30am-5:00pm

Nottingham City Early Help Team

Tel: 0115 876 3343
Email:
CityWideEarlyHelpTeams@nottinghamcity.gov.uk

Small Steps Big Changes (SSBC)

(Nottingham City wards of Aspley, Bulwell, Hyson Green and Arboretum, St Ann's)
www.smallstepsbigchanges.org.uk/
Tel: 0115 883 6741
E-mail: ncp.ss.bc@nhs.net

Multi Agency Safeguarding (Children) Hub (City MASH)

<https://www.nottinghamcity.gov.uk/marf>
Tel: 0115 876 4800
Mon-Fri 8:30am-4:50pm
E-mail: CityMASH@nottinghamcity.gov.uk

Rainbow Parent Carers Forum

www.rainbowpcf.org.uk
Tel: 0115 786 0211 / 07837 278 981
Email: admin@rainbowpcf.org.uk

Ask Us Nottinghamshire

<https://askusnotts.org.uk/support>
Helpline: 0800 121 7772

MENTAL HEALTH NOTTINGHAM CITY

NottAlone

<https://nottalone.org.uk/>

Targeted Child and Adolescent Mental Health Service (CAMHS)

Tel: 0115 876 4000
www.asklion.co.uk

CAMHS Crisis Team

Tel: 0808 196 3779

Community CAMHS

www.nottinghamshirehealthcare.nhs.uk

Mental Health Support Teams (MHST)

www.asklion.co.uk
Tel: 0115 876 4899

B U Notts

www.beusupport.co.uk
Tel: 0115 708 0008

MENTAL HEALTH NATIONAL

Young Minds

youngminds.org.uk

Kooth

www.kooth.com

Mind

www.mind.org.uk

The Samaritans

www.samartians.org
Tel: 08457 90 90 90



AUTISM - NOTTINGHAM CITY

Autism East Midlands

www.autismeastmidlands.org.uk

Tel: 01909 506678

Nottingham City Autism Team (Inclusive Education Service)

www.facebook.com/nottinghamautism

ASD Parent Sessions

Children's Development Centre, City Hospital

Tel: 0115 883 1178

AUTISM - NATIONAL

NHS

www.nhs.uk/conditions/autism

National Autistic Society

<https://www.autism.org.uk>

Ambitious About Autism

www.ambitiousaboutautism.org.uk

ADHD - NATIONAL

NHS

<https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/>

ADHD Foundation

www.adhdfoundation.org.uk

TOILETING

Eric, The Children's Bowel and Bladder Charity

www.eric.org.uk

Free Helpline: 0808 169 9949

SLEEP – NOTTINGHAM CITY

Sleep Tight Programme

www.asklion.co.uk

Tel: 0115 876 3343

Email:

CityWideEarlyHelpTeams@nottinghamcity.gov.uk

SLEEP – NATIONAL

The Sleep Charity

thesleepcharity.org.uk

Email: info@thesleepcharity.org.uk

Tel: 01302 751416

Teen Sleep Hub

teensleephub.org.uk

DYSLEXIA

NHS

www.nhs.uk/conditions/dyslexia

British Dyslexia Association

www.bdadyslexia.org.uk

Tel: 0333 405 4555

DEVELOPMENTAL COORDINATION DISORDER (Dyspraxia)

NHS

www.nhs.uk/conditions/developmental-coordination-disorder-dyspraxia/

Nottingham NHS Speech and Language Therapy

www.nottinghamshirehealthcare.nhs.uk/specialist-childrens-speech-and-language-therapy

Tel: 0300 123 3387

Mon – Fri 8:00am – 5:00pm