



RADFORD MEDICAL PRACTICE

Psychological Wellbeing Resources

HELP IN A MENTAL HEALTH CRISIS: 0808 196 3779

The crisis line is open 24 hours a day, seven days a week, to all ages and is operated by the Nottinghamshire Healthcare NHS Foundation Trust.

Nottingham Talking Therapies

Tel: 0333 188 1060

To self-refer visit: www.notts-talk.co.uk/getting-support/

This service offers free and confidential support for individuals dealing with common mental health problems such as stress, anxiety, and low mood.

Nottingham Counselling Centre

Tel: 0115 9501743

To self-refer visit: www.nottinghamcounsellingcentre.org.uk

An independent service, delivering high-quality, inclusive, and diverse counselling services for individuals, couples, and families seeking support.

Thriving Nottingham

Tel: 0115 648 5724

To self-refer visit: www.thrivingnottingham.org.uk

This service offers offer support for weight-loss, smoking cessation, diet and exercise, as well as overall wellbeing support.

Living Life to the Full



LLTTF offers a wide range of courses, based on the principles of Cognitive Behavioural Therapies (CBT), to help empower and equip people to cope with negative thoughts or feelings. There are several free resources available through LLTTF, though some courses are subject to a fee. Visit www.lltff.com for more information.

Papyrus

Papyrus Prevention of Young Suicide is a UK charity dedicated to the prevention of suicide and promotion of positive mental health and emotional wellbeing in young people. They operate a free and confidential helpline, that is available 24 hours a day, 7 days a week. If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINE247 for confidential support and practical advice. Call: **0800 068 4141**, Text: **88247** or Email: pat@papyrus-uk.org



Nottinghamshire Sexual Violence Support Services



Available to survivors of all genders, the Notts SVS Services offer support to those who have experienced sexual violence or abuse. This includes face-to-face counselling, helpline services, and services for women in a women-only space. Visit www.nottssvss.org.uk/contact/ to self-refer.

Kooth

Kooth is an award-winning service that provides free online counselling, support and advice to Nottingham City residents **aged 10-24**. They offer an online live chat service where you can chat with BACP accredited counsellors and emotional wellbeing practitioners (see website for messaging hours). You send a message to the team, and they will get back to you. Visit www.kooth.com for more information.



Alcoholics Anonymous



AA supports individuals struggling with alcoholism to achieve and maintain sobriety. AA is freely available to all, the only requirement for membership of AA is a desire to stop drinking. For more information about the free weekly meetings, and additional support services visit www.alcoholics-anonymous.org.uk or call the local helpline on **0115 941 7100** (365 days a year, 8:00-00:00) or email help@alcoholics-anonymous.org.uk

NHS Inform

NHS Inform offers free information and resources on a variety of mental health problems and disorders. You can also access a number of self-help guides for conditions such as Anxiety, Depression, Insomnia and many more. Visit www.nhsinform.scot/illnesses-and-conditions/mental-health/.



MoodGym

MoodGym is an interactive program designed to help you identify the emotional problems you are experiencing, and develop skills that can help you cope. MoodGym provides training in cognitive behaviour therapy (CBT), and consists of five interactive modules which are completed in order. These include information, interactive exercises, workbooks to record thoughts, feelings and behaviours, and quizzes with



personalised feedback. Go to www.moodgym.com.au to sign up. Individual access (12 months) is available for **£21.00** (plus local taxes of **£4.20**).

Harmless

Harmless is an organisation who works to address and overcome issues related to self-harm and suicide. They offer a variety of support including 1-1 sessions, Keeping In Touch (KiT) clinics, evening mental health crisis drop-ins and text message support.

You will be given a document that outlines what is available within your area. If you are seeking support for yourself or a loved one, visit www.harmless.org.uk/support-available/



Calm Harm



Calm Harm is an app designed to help you manage or resist the urge to self-harm. The app is private, anonymous, and safe, and uses principles from an evidence-based psychological treatment called Dialectical Behaviour Therapy (DBT). Calm Harm is available via the App Store or Google Play. To learn more, visit www.calmharm.stem4.org.uk.

FREED

FREED is First Episode Rapid Early Intervention for Eating Disorders. It is a service for **16 to 25-year-olds** who have had an eating disorder for three years or less. Their website provides access to resources designed to support individuals suffering with EDs. Visit their website to view their guides and to contact them for support: www.freedfromed.co.uk



Nottingham Crisis Sanctuaries

The Crisis Sancturies are for adults (**18+**) who are presently in, or nearing, a mental health crisis. Contact them on **0330 822 4100**; phone lines are open **from 4pm till 11pm every day**, seven nights a week. There are 3 crisis sanctuary locations

(Nottingham City, Chilwell, and Mansfield).

Crisis Sanctuaries
Nottinghamshire

Visit www.nottinghamshirecrisissanctuaries.tv/visit to find addresses and opening hours.

GamCare

If you are concerned about the amount of time or money that you or someone you know is spending gambling, you can talk in confidence to advisers free of charge over the phone or online. They are available 24 hours a day, seven days a week, call them



on **0808 8020 133**. You can also chat with an advisor via live chat www.gamcare.org.uk/get-support/talk-to-us-now/

Equation

Equation is a Nottingham-based specialist charity that seeks to reduce the impact of domestic abuse, sexual violence and gender inequality. They offer inclusive support, tailored to men, women and LGBTQ+ individuals.



Call the confidential helpline on **0800 995 6999** (Mon – Fri 9.30am – 4.30pm / 7.30pm on Wed – 24/7 answerphone available)

Email helpline@equation.org.uk (Mon – Fri 9.30am – 4.30pm)

or visit www.equation.org.uk for self-referrals and more information.

Gendered Intelligence

Gendered Intelligence offers a range of services that aim to support Transgender / Non-binary individuals and their families.

They operate a free and confidential support line service for individuals (18+) to answer any questions that you might have and to provide you with support while you wait for gender affirmative healthcare. Everyone who answers is trans and/or non-binary themselves.

**Gendered
Intelligence**

Phone number: **0330 355 9678**

Email: supportline@genderedintelligence.co.uk

WhatsApp: **07592 650 496** (Available Mon, Tue and Thu 2pm - 7pm & Wed and Fri 10am - 3pm)

Wellness in Mind

Wellness in Mind provides information, advice, and support for anyone in Nottingham experiencing issues with their mental wellbeing. The service will help people understand mental health issues and connect people to the services which may best support them. This includes Primary and Secondary mental health services.



Connecting Nottingham to better mental health

For more information, visit: www.wellnessinmind.org

Nottingham Recovery Network

The Nottingham Recovery Network provide drug and alcohol support for people living in Nottingham City. They offer a wide range of services from triage to ongoing recovery support and rehabilitation in the community. They can also help with substance use, physical and mental health issues and homelessness and housing issues as well as support for getting back into work. The NRN also offer drop-in assessments in the city centre. To find out more call **0800 066 5362** or get in touch online via www.nottinghamrecoverynetwork.com



Nottingham
Recovery
Network

The Topaz Centre



Topaz offers free, confidential healthcare and compassionate support, in Nottinghamshire, to adults (**18+**) that have experienced sexual assault or rape in their lifetime. Topaz can provide you with medical assessments/treatment, forensic examinations, aftercare referrals as well as support and guidance.

Their phone line (**0330 223 0099**) is open 24 hours a day, every day of the year. Call to speak with a nurse for support and to discuss your options for making an in-person appointment and/or referrals.

You can also email at notts.sarc@nhs.net (monitored 9am-5pm, Monday-Friday).

MoodMission

MoodMission is an evidence-based app designed to empower you to overcome feelings of depression and anxiety by discovering new and better ways of coping. MoodMissions is available via the **App Store** or **Google Play** and using it will give you a tailored list of 5 simple, quick and effective, "Missions" to improve your mood. To learn more, visit www.moodmission.com.



Headspace



HEADSPACE®

Headspace is an app that aims to help you create life-changing habits to support your mental health, through evidence-based meditation and mindfulness tools. Headspace is available via the **App Store** or **Google Play**. This service is **£9.99/month** or **£49.99/year**.

Calm

Calm is an app that offers a variety of tools, designed to help you stress less, sleep more and live mindfully. On the app, users can access a number of stress relief programs, guided meditations, sleep sounds, and other features designed to fit into your lifestyle in practical ways. The subscription fee is **£39.99/yr** and it is available via the **App Store** or **Google Play**.



For more information about any of these services & additional ways we can support you please contact the practice.

Radford Medical Practice: 0115 697 3018
NTU Student Health Centre: 0115 697 8651

We are here to help.

