

## Useful organisations

- Parentline **07520 619919** – Healthy Family Teams confidential **texting service** to provide parents and carers advice around feeding, child development, parenting advice and support, emotional health and wellbeing, behaviour difficulties and family health.
- Chat Health **07507 329952** - this is a confidential **texting service** for 11 to 19 year olds in Nottinghamshire Healthcare NHS Trust.
- ChildLine 0800 1111 [www.childline.org.uk](http://www.childline.org.uk)
- Kooth - [www.kooth.com](http://www.kooth.com) - this is an online counselling service.
- Health4teens - [www.healthforteens.co.uk](http://www.healthforteens.co.uk) - this is an NHS site supporting young people around emotional wellbeing.
- Health4kids – [www.healthforkids.co.uk](http://www.healthforkids.co.uk) – this is an NHS site supporting young children and parents.
- Notts Help Yourself – [www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk) – this is a site for advice, information and local services available.
- CAMHS crisis team - Tel 01158542299 or 01158440560 or email [CAMHSCrisisTeam@nottshc.nhs.uk](mailto:CAMHSCrisisTeam@nottshc.nhs.uk)
- Young Minds – [www.youngminds.org.uk](http://www.youngminds.org.uk)