

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](http://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](http://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](mailto: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/](http://www.smallstepsbigchanges.org.uk/)  
Tel: 0115 883 6741  
E-mail: [ncp.ss.bc@nhs.net](mailto: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](mailto:CityMASH@nottinghamcity.gov.uk)

### Rainbow Parent Carers Forum

[www.rainbowpcf.org.uk](http://www.rainbowpcf.org.uk)  
Tel: 0115 786 0211 / 07837 278 981  
Email: [admin@rainbowpcf.org.uk](mailto: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](http://www.asklion.co.uk)

### CAMHS Crisis Team

Tel: 0808 196 3779

### Community CAMHS

[www.nottinghamshirehealthcare.nhs.uk](http://www.nottinghamshirehealthcare.nhs.uk)

### Mental Health Support Teams (MHST)

[www.asklion.co.uk](http://www.asklion.co.uk)  
Tel: 0115 876 4899

### B U Notts

[www.beusupport.co.uk](http://www.beusupport.co.uk)  
Tel: 0115 708 0008

## MENTAL HEALTH NATIONAL

### Young Minds

[youngminds.org.uk](http://youngminds.org.uk)

### Kooth

[www.kooth.com](http://www.kooth.com)

### Mind

[www.mind.org.uk](http://www.mind.org.uk)

### The Samaritans

[www.samartians.org](http://www.samartians.org)  
Tel: 08457 90 90 90



## AUTISM - NOTTINGHAM CITY

### Autism East Midlands

[www.autismeastmidlands.org.uk](http://www.autismeastmidlands.org.uk)

Tel: 01909 506678

### Nottingham City Autism Team (Inclusive Education Service)

[www.facebook.com/nottinghamautism](https://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](http://www.nhs.uk/conditions/autism)

### National Autistic Society

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

### Ambitious About Autism

[www.ambitiousaboutautism.org.uk](http://www.ambitiousaboutautism.org.uk)

## ADHD - NATIONAL

### NHS

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

### ADHD Foundation

[www.adhdfoundation.org.uk](http://www.adhdfoundation.org.uk)

## TOILETING

### Eric, The Children's Bowel and Bladder Charity

[www.eric.org.uk](http://www.eric.org.uk)

Free Helpline: 0808 169 9949

## SLEEP – NOTTINGHAM CITY

### Sleep Tight Programme

[www.asklion.co.uk](http://www.asklion.co.uk)

Tel: 0115 876 3343

Email:

[CityWideEarlyHelpTeams@nottinghamcity.gov.uk](mailto:CityWideEarlyHelpTeams@nottinghamcity.gov.uk)

## SLEEP – NATIONAL

### The Sleep Charity

[thesleepcharity.org.uk](http://thesleepcharity.org.uk)

Email: [info@thesleepcharity.org.uk](mailto:info@thesleepcharity.org.uk)

Tel: 01302 751416

### Teen Sleep Hub

[teensleephub.org.uk](http://teensleephub.org.uk)

## DYSLEXIA

### NHS

[www.nhs.uk/conditions/dyslexia](http://www.nhs.uk/conditions/dyslexia)

### British Dyslexia Association

[www.bdadyslexia.org.uk](http://www.bdadyslexia.org.uk)

Tel: 0333 405 4555

## DEVELOPMENTAL COORDINATION DISORDER (Dyspraxia)

### NHS

[www.nhs.uk/conditions/developmental-coordination-disorder-dyspraxia/](http://www.nhs.uk/conditions/developmental-coordination-disorder-dyspraxia/)

## Nottingham NHS Speech and Language Therapy

[www.nottinghamshirehealthcare.nhs.uk/specialist-childrens-speech-and-language-therapy](http://www.nottinghamshirehealthcare.nhs.uk/specialist-childrens-speech-and-language-therapy)

Tel: 0300 123 3387

Mon – Fri 8:00am – 5:00pm