

OVERVIEW OF LOCAL MENTAL HEALTH AND CRISIS SUPPORT SERVICES

Nottinghamshire 24/7 Mental Health Help Line – Turning Point

If you're in a mental health crisis, call the crisis line anytime of the day or night, and they can arrange for you to speak with a mental health professional. They can also advise you about other services, which can help you. The crisis line is operated by local health workers and they will help you get the right support.

Turning Point are a trusted provider of Crisis, Mental Health and Forensic services in Nottingham City and County, with services commissioned both by Nottinghamshire Healthcare NHS Foundation Trust and Nottingham City Council.

The crisis line is open 24 hours a day, seven days a week, to people of all ages, just call 0808 196 3779

More information can be found on their website at:

<https://www.turning-point.co.uk/services/nottingham-helpline>

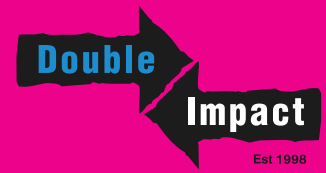
The Tomorrow Project

The Tomorrow Project support people of all ages experiencing suicidal crisis across Nottinghamshire, including Nottingham City and Bassetlaw.

They provide free and confidential 1-1 weekly sessions via face-to-face, phone calls, or video calls; this support is short-term, lasting 6 weeks but can extend to 12 weeks where necessary. The Tomorrow Project is a primary care service which means they cannot support those engaging in secondary care (such as the NHS Crisis Team) unless someone is needing to use their out-of-hours-service.

The Tomorrow Project also host out-of-hours crisis drop-in services on Mondays and Thursdays from 6pm-11pm. Crisis support is available on a drop-in basis, and can be via face-to-face, phone call, video call, or text message. Support is on a one-off, no-strings-attached basis. A person can engage in the service once and never use it again if they don't want/need to. A referral will need to be made every time someone wants to use the service. Please note that Clients engaging in secondary care are also eligible for the out-of-hours service.

More information can be found on their website at: <http://www.tomorrowproject.org.uk/>



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The Nottinghamshire Crisis Sanctuaries

The Crisis Sanctuaries are a free service and are there to offer support, information and guidance to anyone 18 years or older in or nearing a mental health crisis.

Their team is ready to listen and waiting to hear from you on 0330 822 4100.

Their opening hours are from 4pm till 11pm every day of the year seven nights a week.

Each Crisis Sanctuary will have 3 trained Crisis Intervention Workers who will provide recovery-focused crisis support in a trusted and consistent space for people who require out of hours mental health support. If you would prefer not to attend the Crisis Sanctuaries, support can be provided via telephone or through video calling platforms.

The Crisis Sanctuaries are for anyone near, or at crisis who need a safe space to talk within Nottinghamshire.

They also offer drop-in services in Beeston, Mansfield, Worksop and Nottingham City in the following locations, days and times:

Beeston Yellow Wood Café, Chilwell Road, NG9 1EG:
6 PM to 11 PM Monday to Sunday

Mansfield Mind, 14 St John Street, NG18 1QJ:
4 PM to 9 PM Monday to Sunday

Worksop Mind, Hardy Street, S80 1EH:
5 PM to 10 PM Wednesday and Sunday

Nottingham City The Wellbeing Hub, 73 Hounds Gate, NG1 6BB:
6 PM to 11 PM Monday to Sunday

More information can be found on their website at:

<https://www.nottinghamshirecrisisanctuaries.tv/support>