



Accessing LOCAL Mental Health and Crisis Services and What to Expect

Available Services	Self-Referral Process	Professional Referral Process
<p>Nottinghamshire Mental Health Help Line – Turning Point</p>	<p>The Mental Health Helpline accept self-referrals from anyone within Nottinghamshire. You can refer into their 24/7 service using the following method:</p> <ul style="list-style-type: none"> • Call 0808 196 3779 	<p>The Mental Health Helpline accept professional referrals into their service. This can be done using the following method:</p> <ul style="list-style-type: none"> • Call 0808 196 3779
<p>The Tomorrow Project</p>	<p>The Tomorrow Project accept self-referrals, and referrals from family members/carers within Nottingham City. You can refer into their service using the following methods:</p> <ul style="list-style-type: none"> • Call 0115 88 00 282 and leave a voicemail • Text 07908 671 323 • Email crisis@tomorrowproject.org.uk <p>Once they have received your referral they will respond within 1 working day, Monday to Friday.</p> <p>Out-of-hours crisis service:</p> <ul style="list-style-type: none"> • If you are in need of accessing their out-of-hours service, please fill out the form below by clicking the link. This can be done independently or it can be done on the phone with one of their team: https://www.surveymonkey.co.uk/r/Harmless-out-of-hours-pre-assessment?fbclid=IwAR09cw7NMOWcSrKHKGCRIQpxOPcURHG23YUfyFWAb5xUp__gtAf0QPZ4fsc • Contact via phone or text on 07925 579 516 	<p>The Tomorrow also accept professional referrals into their service. This can be done using the following methods:</p> <ul style="list-style-type: none"> • Professional referral form: https://harmless.org.uk/eferring-partners-crisis-form-nottinghamshire/ • Call 0115 88 00 282 and leave a voicemail • Text 07908 671 323 <p>Once they have received a referral they will respond within 1 working day, Monday to Friday.</p>

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<p>Nottinghamshire Crisis Sanctuaries</p>	<p>The Crisis Sanctuaries accept self-referrals from anyone aged 18 and over within Nottinghamshire. You can refer into their service using the following methods:</p> <ul style="list-style-type: none"> • Call 0330 822 4100. • Visit your nearest drop-in service at: <ul style="list-style-type: none"> • Beeston Yellow Wood Café, Chilwell Road, NG9 1EG: 6 PM to 11 PM Mon to Sun • Mansfield Mind, 14 St John Street, NG18 1QJ: 4 PM to 9 PM Mon to Sun • Worksop Mind, Hardy Street, S80 1EH: 5 PM to 10 PM Wed and Sun • Nottingham City The Wellbeing Hub, 73 Hounds Gate, NG1 6BB: 6 PM to 11 PM Mon to Sun 	<p>Professionals can encourage their service users to self-refer and direct them to the Nottinghamshire Crisis Sanctuaries website for help and information at: https://www.nottinghamshirecrisisanctuaries.tv/support</p>