

You can self-refer to a variety of local NHS services.

Adult Community Therapy

[Community Therapy Team | Notts Healthcare](#)

Family Health

[Healthy Family Team](#)

[Healthy Family Team - Additional support; 0300 123 5436](#)

[Nottshelpyourself | Families Information Service](#)

[Breastfeeding Support](#)

[Health for Under5s](#)

[Health for Kids](#)

[Health for Teens](#)

[Parentline - a confidential texting service for parents and carers](#)

[ChatHealth - a text service for young people to confidentially ask for help about a range of issues](#)

HealthCare of the Elderly

[Age UK Nottingham & Nottinghamshire](#) or call 0115 844 0011

Lifestyle Change (Including Exercise & Weight Management)

[Turning Point | Health & Wellbeing](#)

[Change Grow Live | Charity | We can help you change your life](#)

[Nottinghamshire's Wellbeing Service | Your Health Your Way](#) or call 0115 772 2515

[NHS Healthier Families](#)

[Couch to 5k](#)

[Weight watchers - Find a workshop](#)

Mental Health

Self Help

[Mind - Information and support - Mind](#)

[Mental Health - NHS](#)

[Every Mind Matters - NHS](#)

[Self Help Guides](#)

[Harmless](#)

[Campaign Against Living Miserably \(CALM\)](#)

[Mental Health Foundation | Good mental health for all](#)

Bereavement

[Cruse Bereavement Support](#)

[Bereavement Services: Care, Advice & Support by The NBS](#)

NHS Talking Therapy Services

[Self Refer Nottinghamshire Talking Therapies; 0333 188 1060 \(M-F 8am-8pm\)](#)

Crisis

[Help in a crisis; 0808 196 3779](#)

[Samaritans | Every life lost to suicide is a tragedy | Here to listen; 116 123](#)

[Shout Mental Health Text Support | Shout 85258](#)

Young People

[NottAlone - Local mental health advice and support for young people](#)

[CASY - Counselling & Support for Young People](#)

[Base 51 | Nottingham](#)

[CAMHS Self-referral - Nottingham](#) or call 0808 196 3779 option 1

[Kooth](#)

[Childline](#)

[Papyrus Prevention of Young Suicide](#)

[East Midlands Children and Young People's Sexual Assault Service](#)

Smoking

NHS Quit Smoking [app](#)

Find a local smoking cessation service [here](#)

[Quit Smoking](#) - 0115 772 2515

Gambling

[Gamblers Anonymous](#) - 0330 094 0322

Drugs & Alcohol

[Talk to Frank UK](#) - 0300 123 6600 or text 82111

[Change Grown Live \(CGL\) Nottinghamshire](#) offer an all-age service to everyone living in Nottinghamshire who is experiencing problems with drugs and/or alcohol. The service includes support for individuals as well as children and family members impacted by someone else's substance misuse. Self refer [here](#) or call **0115 896 0798**

[Your Health Notts Alcohol Service](#) - 0115 772 2515

Physiotherapy

[Nottingham Community Musculoskeletal Service](#) online or call **0115 784 2147** to talk to a Patient Care Coordinator. You will be offered a digital self-assessment, and then a telephone appointment with a clinician.

Pregnancy

Newly Pregnant? Contact the Local Midwifery Service - 0115 883 1862 to arrange your booking appointment

[Routine Antenatal Care | Nottingham University Hospitals](#)

Maternity Advice Line 24/7 for concerns during and shortly after pregnancy; 0115 9709777

[Abortion clinics, Information, Advice and Treatment | BPAS](#)

Private Healthcare Providers (Local)

[The Park Hospital](#)

[Woodthorpe Hospital](#)

[Spire Nottingham Hospital](#)

[Nuffield Health](#)

Sexual Health

[Sexual Health Services | Nottingham University Hospitals](#)

[Find a Sexual Health Clinic - NHS](#)

[Nottinghamshire Sexual Health Website | CCard](#)

Student Support

[University Counselling Service](#)

[Welfare, Health and Wellbeing](#)

[HealthyU](#)

[Disability Support Services](#)

[Extenuating Circumstances](#)

Can't find what you're looking for?

[Notts help yourself - Search for all other self help services](#)