

Signposting Directory

To help with your mental health

This booklet is designed to support your mental wellbeing by providing trusted information, practical tips, and a wide range resources. With advice for all ages and links to free support services, it's here to help you or someone you care about take positive steps towards better mental health.

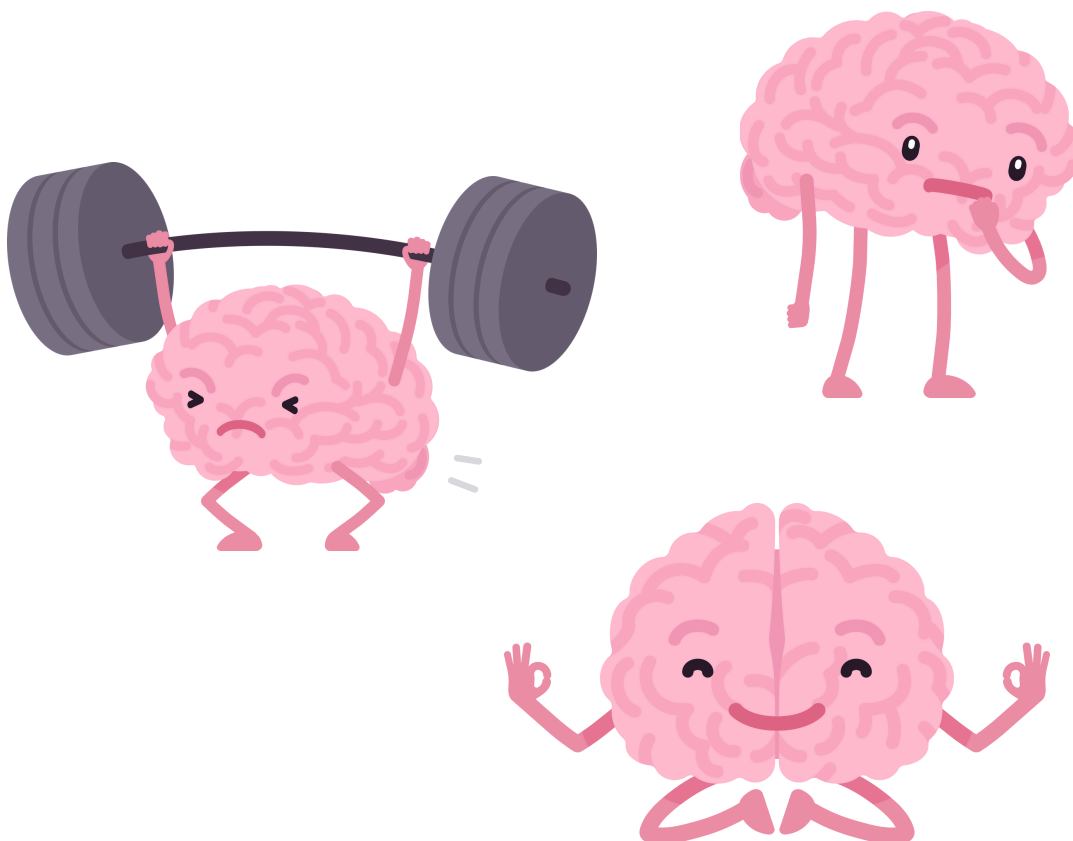


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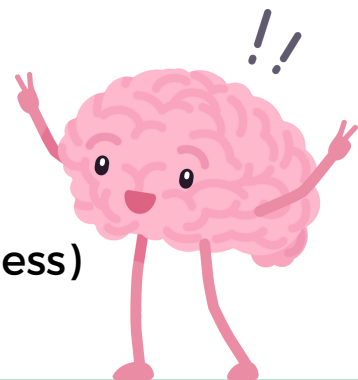
WHY IS MENTAL HEALTH IMPORTANT?

- It supports overall health
- Helps people manage stress
- Builds resilience
- Helps improve sleep quality
- Helps maintain emotional balance

When mental well-being is prioritized, individuals are better able to handle life's challenges, make healthier decisions, and improve their relationships. It also enhances productivity, creativity, and a sense of purpose, contributing to a better quality of life. Additionally, good mental well-being helps prevent mental health disorders and promotes a positive outlook on life.

5 steps to support mental wellbeing

- Connect with other people
- Be physically active
- Learn new skills
- Give to others
- Pay attention to the present moment (mindfulness)



**Scan for
more
information
and useful
tips**



URGENT SUPPORT

For urgent support regarding your mental health the following teams are available

SAMARITANS

Call for free on 116 123 available 24/7

Text **NOTTS** to 85258
for free, confidential
support 24/7

NHS 111 select the
mental health option
or scan the QR code



A&E / 999 in an
emergency

MIND Crisis
sanctuaries (4-11pm)
0330 822 4100

For face to face
options scan QR code



The No Panic Helpline
operates between 10am and 10pm
every day of the year
0300 772 9844

During the night hours the crisis
message is played. The crisis message
is a recorded breathing exercise that
can help you through a panic attack
and help you learn diaphragmatic
breathing.

You can also access the crisis
message 24hrs a day by calling
01952 680835.

CALM

5pm-midnight everyday
0800 58 58 58

Freephone 24-hour
**National Domestic
Abuse Helpline**
0808 2000 247



Useful
resources
and coping
skills



Support for Young Adults

Inspire and Achieve Foundation

Up to age 26



IAF are specialists in supporting young people aged 16-26. If you're between those ages and currently unemployed, then we can help you overcome all/any of the barriers that are preventing you from gaining work and can then help you find, and keep the job you've working towards.

When it comes to breaking down those barriers, some examples include; support with your mental health, gaining qualifications, learning how to manage behaviour, understanding budgets, CV writing, support for offenders, advice on substance misuse. We offer a variety of packages to suit almost every need.

BeU Notts

FREE Early Mental Health and Emotional Wellbeing Support Service up to age 25.



CASY counselling

We provide a confidential one-to-one counselling service to young people aged from 6 to 25 in schools across the East Midlands and from our community venue in Newark. We are also deliver expert, accredited, training to counsellors working with children and young people.



Up to age 25

Papyrus / Hopeline247

PAPYRUS Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people.



For under 35s

Today, we are a leading youth suicide prevention charity in the UK. Our suicide prevention helpline, HOPELINE247, is staffed by trained suicide prevention advisers, who work with young people – and anybody concerned for a young person – to help keep them safe from suicide. HOPELINE247 is a free and confidential call, text and email service, which is available 24 hours a day, every day of the year (weekends and bank holidays included).

The Mix Essential support for under 25s

The Mix is the UK's leading support service for young people. We are here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to us via our online community, on social or our counselling service.



Support available for 18+

Nottingham and Nottinghamshire Talking Therapies

Nottingham and Nottinghamshire Talking Therapies is a free and confidential NHS service designed to help with common mental health problems such as stress, anxiety and depression. Anyone aged 18 years or over and registered with a GP can access support, though a GP referral is not necessary as you can self-refer.



Telephone
0333 188 1060
to start or referral
or scan the QR code

Recovering from Addiction

Substance and Alcohol difficulties – Change Grow Live

We offer an all-age service to everyone living in Nottinghamshire who is experiencing problems with drugs and/or alcohol. Our service includes support for individuals as well as children and family members impacted by someone else's substance misuse. This is a free and confidential advice and support service.

Everyone coming to Change Grow Live can expect to receive:

- A welcoming service which is focused on your individual needs.
- Access to advice, information and a full assessment.
- Access to clinical and psychological services.
- Opportunity to volunteering and employment readiness services.
- Referral to other support services where relevant

Telephone [0115 896 0798](tel:0115 896 0798) or scan the QR code



Double Impact's 'TimeOut' Gambling Recovery Service

At Double Impact, we know it can be daunting to take the first steps towards recovery, or to try again when you feel you've failed before. That's why we're here to help you (or the person you care about) every step of the way.

Here at TimeOut we are passionate about starting the conversation, reducing the stigma associated with a gambling harms and empowering individuals to recover.

We offer:

- 1-1 holistic support, screening & recovery planning
- Guided peer-led support groups
- Recovery Planning based on your goals, your strengths and assets
- Helping you access wider/ specialist support
- Specialist cultural support (through partner Al-Hurraya)

Telephone: [07706 732649](tel:07706 732649)

Email: timeout@doubleimpact.com



Double Impact Recovery Links Nottinghamshire

Recovery Links Nottinghamshire is a new service for people who have concerns about their own or another's drinking or drug use. This is a service for adults aged 18 and over in any part of Nottinghamshire.

What will it offer me?

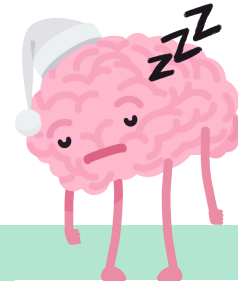
- A county-wide information telephone and webchat service, providing accurate information and signposting to local and online support.
- 1-1 support to help you identify and reach your goals around your drinking/ drug use.
- An online programme of groups and short courses to help you to reach these goals.
- Training & volunteering opportunities to improve your skills and prospects.



Phone number
[01623 272838](tel:01623 272838)

Sleep services and advice

The following apps and websites aim to help you improve sleep

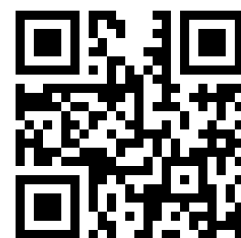


Sleepio



A 6-week online programme designed by sleep experts and based on cognitive and behavioural techniques to help combat poor sleep. Sleepio is evidence based and is recommended by the NHS. It is available for free to all residents of North Hampshire and The Thames Valley, who can access the programme either via their GP or directly.

If you don't live in those areas and would like to enquire about accessing Sleepio you can email them. hello@sleepio.com

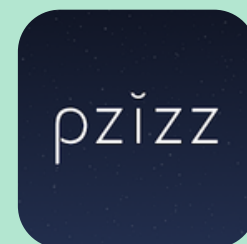


Website



NHS information

Pzizz is an app to help you fall asleep fast, stay asleep and wake up feeling refreshed. It's recommended by the NHS. It's free to download with in app purchases.



Mental Health Foundation – How to Sleep better

This guide offers tips on how to sleep better - looking at improving the quality of your sleep, what causes sleep disorders and possible solutions, top tips from a sleep doctor, and a sleep diary template to help you keep track of your sleep and the possible reasons it happened.



Sleepstation

Sleepstation is free with a GP referral. It's recommended by the NHS. It is a 6-week online course for people who struggle to fall asleep or stay asleep through the night. The course is tailored to your needs, using the information you provide. It gives you access to a team of sleep experts who will offer helpful advice and support throughout.

NHS
information



Website



Every Mind Matters

Learn more about signs you might be sleep deprived, common symptoms of insomnia and if poor sleep hygiene or sleep habits could be the reason.



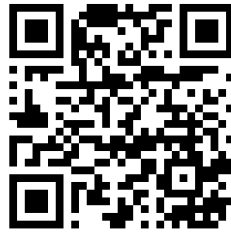
NHS self-help guide on Sleeping Problems

We've created self-help guides on topics like depression, anxiety, and stress, offering insights into mental health causes and tools to manage emotions.

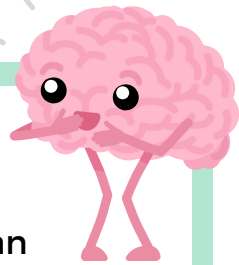


ABL

- well being services
- managing weight
- stop smoking
- reducing alcohol use
- cancer prehab



Lifestyle Changes



Social Prescribing

What is social prescribing?

Social prescribing is a key component of Universal Personalised Care. It is an approach that connects people to activities, groups, and services in their community to meet the practical, social and emotional needs that affect their health and wellbeing.

In social prescribing, local agencies such as local charities, social care and health services refer people to a social prescribing link worker. Social prescribing link workers give people time, focusing on 'what matters to me?' to coproduce a simple personalised care and support plan, and support people to take control of their health and wellbeing.

Social prescribing link workers also support existing community groups to be accessible and sustainable, and help people to start new groups, working collaboratively with all local partners.

Social prescribing is an all-age, whole population approach that works particularly well for people who:

- have one or more long term conditions
- who need support with low level mental health issues
- who are lonely or isolated
- who have complex social needs which affect their wellbeing.

Please speak to your GP, mental health worker about a referral if you think this would be helpful for you.



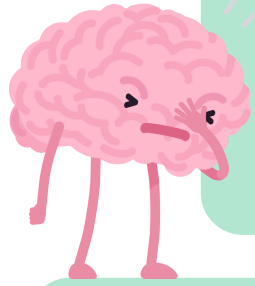
Everyone Active Exercise Referral

Everyone Active's Exercise Referral scheme is the perfect way for people with long-term health conditions to move more to improve their health and wellbeing. We want everyone to be able to enjoy at least half an hour of physical activity, five times a week, and we're here to help you.

Please speak to your GP, mental health worker about a referral if you think this would be helpful for you.



Bereavement support



Miscarriage Association support groups

Helpline 01924 200799



CRUSE helpline

Phone
0808 808 1677



Stepping Stones bereavement support group

Newark 11-12.30 last Tuesday of the month



Sue Ryder



Nottinghamshire Sexual Violence Support Services

helpline
0115 941 0440



Domestic Violence

The Freedom Programme

Free course for people who have experienced domestic violence



Juno / Womens Aid

24 hour
helpline
0808 800 0340



Male specific Domestic violence support

Respect UK

0808 801 0327



ManKind

01823 334 244



Equation helpline

0800 995 6999



10 Ways to Take Control and Feel Better

If you're stressed, whether by your job or something more personal, the first step to feeling better is to identify the cause.

The most unhelpful thing you can do is turn to something unhealthy to help you cope, such as smoking or drinking.

Not taking control of the situation and doing nothing can make your problems worse.

Some of the keys to good stress management are building emotional strength, being in control of your situation, having a good social network, and adopting a positive outlook.

What you can do to address stress

Be active

Exercise won't make your stress disappear, but it can reduce some of the emotional intensity that you're feeling, clearing your thoughts and letting you deal with your problems more calmly.

Take control

If you think you cannot do anything about your problem, your stress can get worse.

That feeling of loss of control is one of the main causes of stress and lack of wellbeing.

The act of taking control is in itself empowering, and it's a crucial part of finding a solution that satisfies you and not someone else.

Connect with people

A good support network of colleagues, friends and family can ease your work troubles and help you see things in a different way.

The activities we do with friends can help us relax and relieve stress. Talking things through with a friend may also help you find solutions to your problems.

Have some "me time"

Many of us work long hours, meaning we often don't spend enough time doing things we really enjoy.

It's important to take some time for socialising, relaxation or exercise. You could try setting aside a couple of nights a week for some quality "me time" away from work.

Challenge yourself

Setting yourself goals and challenges, whether at work or outside, such as learning a new language or a new sport, can help build confidence. This may help you deal with stress.

It can also make you want to do things and be active.

Avoid unhealthy habits

Don't rely on alcohol, smoking and caffeine as your ways of coping. They might provide temporary relief, but in the long term, these crutches won't solve your problems. They'll just create new ones.

It's best to tackle the cause of your stress.

Help other people

Evidence shows that people who help others, through activities such as volunteering or community work, often become more resilient. If you don't have time to volunteer, try to do someone a favour every day. It can be something as small as helping someone cross the road or going on a coffee run for colleagues.

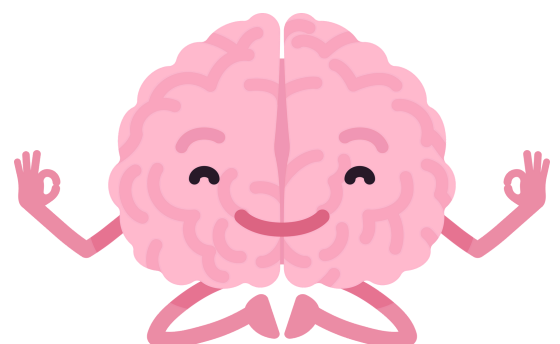
Work smarter, not harder

Working smarter means prioritising your work, concentrating on the tasks that'll make a real difference.

Leave the least important tasks to last. Accept that you will not have time for everything.

Try to be positive

Look for the positives in life, and things for which you're grateful. Try writing down 3 things that went well, or for which you're grateful, at the end of every day.



Other self help advice you can try

- Abuse-
- Alcohol and you-
- Anxiety-
- Bereavement-
- Depression and low mood / guide for partners-
- Domestic abuse-
- Eating disorders-
- Food for thought-
- Health anxiety-
- Hearing voices and disturbing beliefs-
- Manager anger-
- Obsessions and compulsions-
- Panic-
- Post traumatic stress-
- Postnatal depression-
- Self harm-
- Sleeping problems-
- Social anxiety-
- Stress-

Scan for more information

