



Supporting Siblings of Children with Additional Needs



We support any Young Carer, aged 5-17.

Young Carers Notts is there to support any sibling to meet new friends, to take part in activities and youth groups, to have someone to talk to and to have FUN

Regardless of any health condition, disability or diagnosis their sibling with additional needs may have - we are here.

To refer to the service - please complete our online form at

www.youngcarersnotts@tuvida.org



Useful Info

- ⇒ **Be U Notts:** www.beusupport.co.uk – Early mental health and emotional wellbeing support services for children and young people: 0115 708 0008
- ⇒ Sibs - www.sibs.org.uk for brothers and sisters of disabled children and adults – the website is full of support, learn about disabilities, ask questions, speak with an advisor.
- ⇒ Sidekick - www.sidekick.actionforchildren.org.uk is a confidential helpline for young carers aged 13-18 in the UK. Text or email us about anything that's bothering you. Text 07888 868 059 or email sidekick@actionforchildren.org.uk
- ⇒ Childline - Call us free on 0800 1111 - Support for children and young people in the UK, including a free helpline and 1-2-1 online chats with counsellors. www.childline.org.uk
- ⇒ Kooth - Counsellors available until 10pm every day. Free, safe and anonymous online counselling for young people. www.kooth.com
- ⇒ **Young Minds** - If you are a young person struggling to cope, you can text YM to 85258 for free, 24/7 support. www.youngminds.org.uk
- ⇒ Mind - www.mind.org.uk/for-young-people - resources online for Young people and support with mental health
- ⇒ Shout is the UK's first and only free, confidential, 24/7 text messaging service for anyone who is struggling to cope. Text 85258.
- ⇒ The Mix - www.themix.org.uk - 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, through our free, confidential helpline or our counselling service.
- ⇒ The Wolfpack Project - We are Nottingham's only youth organisation dedicated to reducing loneliness and promoting positive mental health among people aged 16-35
www.thewolfpackproject.org.uk
- ⇒ Frank - www.talktofrank.com – for honest information on drugs, get advice and support via the website, text 82111 or call 0300 1236600
- ⇒ Harmless - an organisation who works to address and overcome issues related to self-harm and suicide. www.harmless.org.uk/support-available
- ⇒ Beat - www.beateatingdisorders.org.uk 0808 801 0677 - support for anyone affected by eating disorders. Resources and online chat available.