

Bassetlaw Mental Health Support

www.mentalhealthbassetlaw.org



Scan Here

Talking Therapies | 0333 188 1060 | www.notts-talk.co.uk

NHS Talking Therapies: Psychological Therapies and Counselling Services for anyone aged 18+ with Anxiety and Depression



Nottingham and Nottinghamshire Talking Therapies



Mind Nottinghamshire | 0800 4700203 | www.nottinghamshiremind.org.uk

1-1 and group mental health support, crisis support. encouraging connectivity and improving wellbeing.

Harmless & The Tomorrow Project | 0115 88 00 280 | www.harmless.org.uk

An all age integrated self-harm and suicide prevention service.



Talkzone | 01909 479191 | www.centreplace.org.uk

Confidential mental health support and counselling services for children and young people aged 11-25.

Children's Bereavement Centre | 01636 557739 | www.childrensbereavementcentre.co.uk

Support for young people, and their parents/carers who are affected by a family death or terminal illness.



Rhubarb Farm | 01623 741210 | www.rhubarbfarm.co.uk

Therapeutic organic horticulture model for developing skills, confidence and employability.

In Sam's Name | www.insamsname.co.uk | info@insamsname.co.uk

Support groups in Worksop and Retford for men and women in need of a friendly support network. Monthly walks also take place.



Bassetlaw Focus on Farmers | www.bassetlawfocusonfarmers.org.uk

Tailored mental health and cancer support aimed at the farming and agricultural community.

LGBT+ Services Nottinghamshire | 01909 479191 | www.centreplace.org.uk

1-1 and group support for children and young people aged 11-25 who identify as LGBT+ or may be questioning this.



Nott Alone | www.nottalone.org.uk

Local mental health advice and help for people in Nottingham and Nottinghamshire, all in one place.

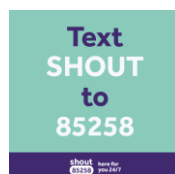
Peace of Mind – Children and Young People's Toolkit | www.mentalhealthbassetlaw.org/peaceofmind

Lived experience stories, coping strategies and 'top tips' for children and young people to help manage mental health concerns.



Kooth | www.kooth.com

Free, anonymous, online counselling for children and young people aged 11-25.



**Crisis Sanctuaries:
0330 822 4100
every day from 4pm - 11pm**

**Mental Health
Crisis Line
111 Option 2**



Bassetlaw Mental Health Support

www.mentalhealthbassetlaw.org



Scan Here



Aurora Wellbeing Services Bassetlaw | 01909 470985 | www.aurorawellbeing.org.uk
Emotional support and counselling for people affected by cancer and long-term health conditions.

Bassetlaw Action Centre | 01777 709650 | www.bassetlawactioncentre.org.uk

A range of support including befriending, home help services, energy advice, walking groups and more.



BPL Community Health | www.bpl.org.uk/community-health

A 12 week programme supporting mental health and wellbeing, tailored around any health-related condition.

Citizens Advice North Nottinghamshire | 01909 498 888 | www.canns.org.uk

Free advice on a range of issues including debt, energy, benefits, work and housing



Freed Beeches | 01909 479922 | www.freedbeeches.org.uk

FREED-Beeches is a free service for adults and adolescents aged 14+ who are suffering from an eating disorder.

Muddy Fork | 07421 356717 | www.muddyfork.uk

Outdoor support focused on gardening activities, willow crafts, beekeeping, and a cuppa in the garden.



Portland Pathways | 01623 499193 | pathways@portland.ac.uk

Employability and mental health support. Increase confidence and get guidance to improve your life.

Nottinghamshire Women's Aid | 01909 491330 | www.nottswa.org

Specialist domestic abuse support provider for women, children and teenagers who live in Bassetlaw.



Joel The Complete Package | 07562 223484 | www.joeltcp.org

Supporting families through pregnancy and parenting after baby loss.

Your Health Notts | www.yourhealthnotts.co.uk

Tailored support to help you become healthier, stronger and happier.



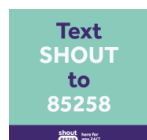
Oasis Centre | 07795 194597 | www.oasiscommintycentre.org

A range of support is available including groups and activities aimed at a wide variety of health conditions.

Bassetlaw Community and Voluntary Service – Social Prescribing Link Workers

www.bcvs.org.uk | 01909 476 118 | bcvs@bcvs.org.uk

Support to help people find and access community group, social groups, and services for the whole family.



**Crisis Sanctuaries:
0330 822 4100
every day from 4pm - 11pm**

**Mental Health
Crisis Line
111 Option 2**

