
INFORMATION FOR PATIENTS, PARENTS, GUARDIANS AND CARERS

Behavioural and emotional support services

General support for behavioural and emotional difficulties

Early Help Unit

Nottinghamshire central support service to all families. This service can provide information and advice to all families within the county with or without a diagnosis.

Telephone: 0115 8041248

Email: early.help@nottscg.gov.uk

Nottinghamshire Concerning Behaviours Pathway

Nottinghamshire guidance for all children and young people who present with concerning behaviours. It includes resources to support families/schools.

Website: www.nottinghamshire.gov.uk/concerningbehaviourspathway

Healthy Families Team

A new integrated service for children, young people and families which brings together care provided by health visitors, school nurses, the Family Nurse Partnership Programme and the National Childhood Measurement Programme.

Website: <https://www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams>

Parents can ring directly to access support around behavioural and emotional difficulties:

- Ashfield - 01623 785389
- Mansfield - 01623 435522
- Newark - 01636 594809
- Sherwood - 01623 791025

Nottinghamshire Help Yourself

This website aims to bring together all the information from health, voluntary sector and the county council in one place.

Website: www.nottshelpyourself.org.uk

Specific behavioural support services

In addition to the services above, additional support can be accessed from the following organisations.

Sure Start (under five years)

The local children's centre can offer support and advice around behavioural difficulties. They also offer parenting programmes or one to one support depending on need.

Families can directly contact their local sure start centre to access support.

Website: <http://www.surestart.notts.nhs.uk/>

Family Lives

Providing information and support for parents on all aspects of family life, from children's development, behavioural management, dealing with teenagers, and family breakdown. They provide support in a number of different ways including via their website and 24 hour confidential helpline.

Website: www.familylives.org.uk

Telephone helpline: 0808 800 2222

Mansfield Parenting Practitioner (Mansfield only)

Runs programmes to help parents who have problems coping with their child's behaviour and for children with additional needs who may require different parenting strategies.

Parents can contact this service directly.

Telephone: 01623 463 529

Website: www.mansfield.gov.uk/parenting

Email: asb@mansfield.gov.uk

North Ashfield area – Sutton, Kirkby, Huthwaite and Skegby

Professionals can refer children to the Schools Behaviour and Attendance Partnership (SBAP) service for parenting programmes. Please speak to your school or the health families team to make a referral.

Website: <http://sbapnorthashfield.com>

Specific emotional support services

The Healthy Families Team (details in the first section of this leaflet) can provide support around low level emotional difficulties. Parents can contact them directly to access support for their child.

Child and Adolescent Mental Health Team (CAMHS)

The Nottinghamshire CAMHS team provides assessment and support for young people aged 0-18 years with emotional and mental health difficulties.

Website: www.nottinghamshirehealthcare.nhs.uk/camhs

Parent referral: 0115 854 2299

Young person self-referral (age 12-18 years): 0115 854 2299

Calls are taken Monday to Friday between 8am and 4pm

YoungMinds

The UK's leading charity championing the wellbeing and mental health of young people. They provide internet resources for parents and young people and have a helpline for parents.

Telephone: 0808 802 5544

Website: www.youngminds.org.uk

MindED

MindEd is a free educational resource on children and young people's mental health for all adults. It has information for parents and professionals.

Website: www.minded.org.uk

Royal College of Psychiatry patient/family information leaflets

A wide range of information leaflets about common conditions affecting children and young people.

Website: <https://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo.aspx>

If you have immediate concerns about your child's emotional or mental health you should telephone 111 – the free NHS helpline service.

Information services

Information Service (covering the city and county)

Website: www.askiris.org.uk

Telephone: 07827938966

By completing the Disability Register form you will be added to the mailing list to receive the quarterly Iris magazine, which features events, articles, news from support groups.

Library and Knowledge Service, King's Mill Hospital

Online link to catalogue of books and resources. Search using the term "child health collection".

Website: <http://sherwoodforest.nhslibraries.com/>

Telephone: 01623 622515, extension 4009

Nottingham City Hospital

Online link to catalogue of books and resources:

<https://www.nottinghamshirehealthcare.nhs.uk/the-information-service>

Telephone: 0115 88 31158 or 0115 88 31157.

Email: infoservicescdc@nottshc.nhs.uk

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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