

INFORMATION FOR PATIENTS, PARENTS, GUARDIANS AND CARERS

Behavioural support services

General support for behavioural 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@nottscc.gov.uk

Healthy Families Team

This is 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.

Telephone: 0300 1235436

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

Childrens and Adolescents Mental Health Service Intellectual Disability Service – CAMHS ID

The Child and Adolescent Mental Health Services (CAMHS) Intellectual Disability Team support children and young people aged up to 18 who have an intellectual disability and experience episodes emotional distress.

The team work with their parents and carers, schools, health professionals, social care and short break providers, and offer tailored advice and strategies for each young person.

Website: [CAMHS Self-referral | Nottinghamshire Healthcare NHS Foundation Trust](#)

For help in a crisis, support or for any general enquiry about CAMHS services:

Telephone: 0115 969 1300 - this line is available 24 hours a day.

Specific behavioural support services

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

Children's Centre Service is now be provided by Nottinghamshire County Council.

Website: <https://www.nottinghamshire.gov.uk/childrenscentreservice>

For more information on the Children's Centre Service and how to request support.

Website: www.nottinghamshire.gov.uk/childrenscentreservice .

Telephone: 0300 500 80 80

Email: cc.enquiries@nottscc.gov.uk

Under 5 years – support can be accessed via the Children's Centre.

The local children's centre can offer support and advice around behavioural difficulties. They can offer parenting programmes or one to one support depending on need. Families can directly contact their local sure start centre to access support.

Family Lives

This provides 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 free confidential helpline.

Website: www.familylives.org.uk

Telephone helpline: 0808 800 2222

Multi-Agency Safeguarding Hub (MASH)

You can contact the MASH team in one of the following ways:

1. Online form - concerned about a child.
2. Online form - concerned about an adult.
3. Telephone - 0300 500 80 90.
4. Professional consultation line regarding children: 0115 977 4247 (see MASH consultation line guidance [PDF] for details).
5. Fax - 01623 483295.

Integrated children's disability service (ICDS)

The integrated children's disability service was created in September 2016 and brings together colleagues from education and social care into one team to deliver a holistic approach to support for children and young people with disabilities aged 0 to 25 years. A variety of support, advice and information is available to help disabled children and their families with everyday tasks.

North Ashfield area – Sutton, Kirkby, Huthwaite and Skegby

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

Website: <http://sbapnorthashfield.com>

Neurodevelopmental Behaviour Support Service, NBSS (formerly known as Small Steps)

NBSS service can provide advice and support if there are concerns when a child's behaviour might indicate ASD or ADHD. They offer telephone advice Monday-Friday, 10am-2pm, and drop in groups for parents:

- Cygnet Parenting Groups
- New Forest Parenting Programme for ADHD behaviour support
- Sleep Programmes.

Telephone: 07966 528 940

National Autistic Society

Website: www.autism.org.uk

Information services

Library and Knowledge Service, King's Mill Hospital.

<https://koha.healthlibrariesmidlands.nhs.uk/> - click on 'All libraries' on the right hand side and select King's Mill Hospital.

Telephone: 01623 622515, extension 4009.

Further sources of information

The Community Paediatric website has support and signposting advice.

Website: www.cyp.sfh-tr.nhs.uk

Challenging Behaviour Foundation

Website: www.challengingbehaviour.org.uk

Nottinghamshire Help Yourself website

This gives information about all services in Nottinghamshire for a range of needs.

Website: www.nottshelpyourself.org.uk

BU NOTTS Service

Emotional health counselling service. Self-referral form can be found on the website.

Website: <https://www.beusupport.co.uk>

Telephone: 0115 708 000

Getselfhelp.co.uk

This website offers a range of support for young people around emotional health and well-being.

Website: [Stress Self Help | Get.gg - Getselfhelp.co.uk](http://StressSelfHelp|Get.gg-Getselfhelp.co.uk)

YoungMinds

Offers support around managing anxiety with support strategies.

Website: Youngminds.org

Anxiety UK

A national charity helping people with anxiety.

Website: <https://www.anxietyuk.org.uk/>

Health for Teens

Website: www.healthforteens.co.uk

Making Sense of Sensory behaviour

Type the above into your browser to find out more information.

Further 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.

To be completed by the Communications office
Leaflet code: PIL202509-04-BS
Created: November 2019 / Revised: September 2025 /
Review Date: September 2026