

Mental Health for young people and adults

The Trust, in partnership with Turning Point, has today launched a new helpline for anyone in Nottinghamshire who is struggling with their mental health. This is an advice and signposting service for people who need to talk and find out where to access help and is in addition to the crisis line which went live in April.

Trained mental health workers will be on hand to answer calls from 9am - 5pm, Monday to Friday and there are plans to extend the hours to include evenings and weekends following an initial test phase. You can find out more here -

<https://www.nottinghamshirehealthcare.nhs.uk/latest-news/new-mental-health-helpline-for-nottinghamshire-3527>

The Crisis Line

<https://www.nottinghamshirehealthcare.nhs.uk/help-in-a-crisis>

https://www.nottinghamshire.gov.uk/care/coronavirus/mental-health-and-physical-wellbeing?utm_campaign=&utm_content=&utm_medium=email&utm_source=govdelivery&utm_term=