

Mental Health Support in Bassetlaw



Bassetlaw Mental Health Website

All the organisations listed in this leaflet can also be found on the Mental Health Bassetlaw website.

Scan the QR code to visit the website.

www.mentalhealthbassetlaw.org.uk



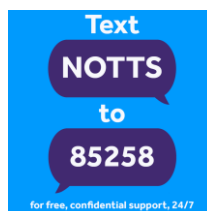
Scan Here



Bassetlaw
Place-Based
Partnership



NHS Nottingham & Nottinghamshire
Mental Health Crisis Line: 0808 196 3779



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

Talking Therapies

NHS Talking Therapies: Psychological Therapies and Counselling Services for anyone aged 18+ with Anxiety and Depression
0333 188 1060 | www.notts-talk.co.uk



Nottingham and Nottinghamshire Talking Therapies



Mind Nottinghamshire

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

0800 4700203 | www.nottinghamshiremind.org.uk

Nottinghamshire Crisis Sanctuaries Drop-In

0330 822 4100

5pm - 1pm Wednesday and Sundays, 6 Hardy Street, Worksop, S80 1EH



Harmless & The Tomorrow Project

An all age integrated self-harm and suicide prevention service, providing support for those at risk of self-harm, in suicide crisis or bereaved by suicide. | 0115 88 00 280 | www.harmless.org.uk

Talkzone

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

01909 479191 | www.centreplace.org.uk



LGBT+ Services Nottinghamshire

1-1 and group support for children and young people aged 11-25 who identify as LGBT+ or may be questioning this. | 01909 479191 | www.centreplace.org.uk

Kooth

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



Oasis Centre

A range of support is available including groups and activities aimed at a wide variety of health conditions. Everyone is always welcome at Oasis.
07795 194597 | www.oasiscommunitycentre.org

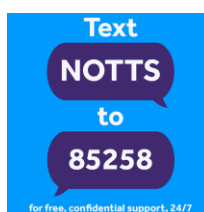


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AURORA
Wellbeing Services



Aurora Wellbeing Services Bassetlaw

Emotional support and counselling for people affected by cancer and long-term health conditions.

01909 470985 | www.aurorawellbeing.org.uk



Freed Beeches

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

01909 479922 | www.freedbeeches.org.uk

Joel The Complete Package

Supporting families through pregnancy and parenting after baby loss.

07562 223484 | www.joeltcp.org



Nottinghamshire
Women's Aid
Survive & Thrive

Nottinghamshire Women's Aid

The commissioned specialist domestic abuse support provider for women, children and teenagers who live in Bassetlaw.

01909 491330 www.nottswa.org

Children's Bereavement Centre

Free support for children and young people, and their parents/carers who are affected by the death or terminal illness of someone close to them.

01636 557739 | www.childrensbereavementcentre.co.uk



In Sam's Name

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

www.insamsname.co.uk | info@insamsname.co.uk

Rhubarb Farm

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

01623 741210 | www.rhubarbfarm.co.uk



bpl

BPL Community Health

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

www.bpl.org.uk/community-health



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Nottingham and
Nottinghamshire

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Text
NOTTS
to
85258
for free, confidential support, 24/7



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Citizens Advice North Nottinghamshire

Free advice on a range of issues including debt, energy, benefits, work and housing. | 01909 498 888 | www.canns.org.uk

citizens
advice

North
Nottinghamshire

Nott Alone

Nott Alone

Local mental health advice and help for people in Nottingham and Nottinghamshire, all in one place. | www.nottalone.org.uk



Peace of Mind – Children and Young People’s Toolkit

Lived experience stories, coping strategies and ‘top tips’ from children and young people to help manage mental health concerns.
www.mentalhealthbassetlaw.org/peaceofmind

Portland Pathways

Employability and mental health support. Increase your confidence and get the guidance you need to improve your life. 01623 499193 pathways@portland.ac.uk



Bassetlaw Action Centre

A range of support including befriending, home help services, energy advice, walking groups and more. 01777 709650 | www.bassetlawactioncentre.org.uk

Muddy Fork

Helping people to improve their wellbeing and mental health through volunteer conservation and wildlife gardening in Retford.
07421 356717 | www.muddyfork.uk | Rose.muddyfork@outlook.com



Your Health Notts

Tailored support to help you become healthier, stronger and happier. | www.yourhealthnotts.co.uk

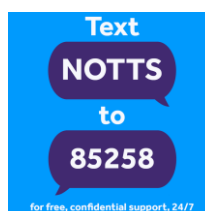
Bassetlaw Focus on Farmers

Tailored mental health and cancer support aimed at the farming and agricultural community. | www.bassetlawfocusonfarmers.org.uk



BCVS Social Prescribing Link Worker

Support to help people find and access community groups, social groups, and services for the whole family. 01909 476118 | bcvs@bcvs.org.uk



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