

# 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](http://www.mentalhealthbassetlaw.org)

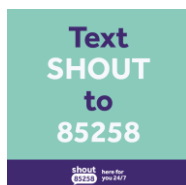


Scan Here



**Bassetlaw**  
Place-Based  
Partnership

**NHS**  
Nottingham and  
Nottinghamshire



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

**Mental Health Crisis : 111 Option 2**

## 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](http://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](http://www.nottinghamshiremind.org.uk)

## Nottinghamshire Crisis Sanctuaries Drop-In Session

**0330 822 4100**

5pm- 10pm 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](http://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](http://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](http://www.centreplace.org.uk)

## Kooth

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

[www.kooth.com](http://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.

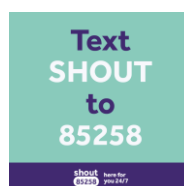
07795 194597 | [www.oasiscommunitycentre.org](http://www.oasiscommunitycentre.org)



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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](http://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](http://www.freedbeeches.org.uk)

### **Joel The Complete Package**

Supporting families through pregnancy and parenting after baby loss.

07562 223484 | [www.joeltcp.org](http://www.joeltcp.org)



### **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](http://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](http://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](http://www.insamsname.co.uk) | [info@insamsname.co.uk](mailto: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](http://www.rhubarbfarm.co.uk)



### **BPL Community Health**

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

[www.bpl.org.uk/community-health](http://www.bpl.org.uk/community-health)



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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](http://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](http://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](http://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](mailto: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](http://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](http://www.muddyfork.uk) | [Rose.muddyfork@outlook.com](mailto:Rose.muddyfork@outlook.com)



## Your Health Notts

Tailored support to help you become healthier, stronger and happier. | [www.yourhealthnotts.co.uk](http://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](http://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](mailto:bcvs@bcvs.org.uk)



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Text  
SHOUT  
to  
85258

Nottinghamshire  
Crisis Sanctuaries



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