

## Hello

**Nottinghamshire Carers Association offices will be closed from Friday 24th December and we will return on Tuesday 4th January.**

Should you need help and support over the festive period, please refer to the information below:

### NHS 111

NHS 111 can help if you have an urgent medical problem and you're not sure what to do.

**Visit [111.nhs.uk](https://111.nhs.uk) or call 111**

*(Don't forget to order your repeat prescriptions before pharmacists close for Christmas Bank Holidays)*

## Mental Health

### CRUSE Bereavement Care

For support during a bereavement.

**0808 808 1677**

Monday - Friday: 9.30am - 5pm

Tuesday - Thursday: 9.30am - 8pm

Weekends: 10am - 2pm

### Mind

Mind have both an information helpline and a legal helpline to give advice on mental health issues.

**0300 123 3393** information

Monday - Friday: 9am to 6pm

**0300 466 6463** legal

Monday - Friday: 9am - 6pm

### Mental Health Crisis Helpline

The mental health crisis line is available to anyone who has concerns about their mental health or is in crisis at anytime, anywhere across Nottingham and Nottinghamshire.

**0808 196 3779**

### Samaritans

Free helpline if you need someone to talk to or if you are worried about someone else.

**116 123**

## General

### Domestic Abuse Helpline

24hr freephone helpline.

**0808 800 0340**

### FRANK

Friendly, confidential advice on drug related issues by live chat or phone.

**0300 123 6600**

### Nottinghamshire County Council

Social care emergencies.

**0300 456 4546**

*Monday - Thursday: 5.30pm to 8am*

*4.30pm Friday - 8.30am Monday*

### The Silver Line

Free confidential helpline providing information, friendship and support to older people, open 24 hours a day, every day of the year.

**0800 470 8090**

## Young Carers

### Childline

Helpline for children struggling with mental health or abuse.

**0800 1111**

### NottsAlone

If you are aged under 18 and need support with your emotional health and well-being, visit the NottAlone website.

**[www.nottalone.org.uk](http://www.nottalone.org.uk)**

### Kooth

A digital, free, safe and anonymous support mental health resource for young people.

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