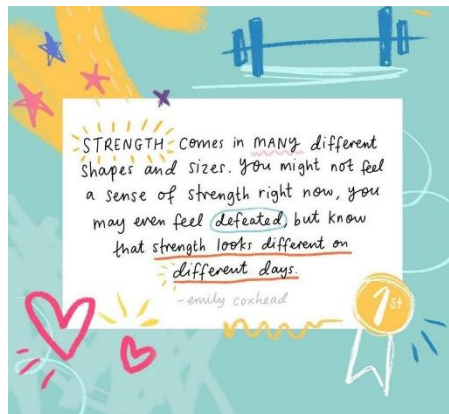


YOUNG CAREERS SUPPORT UPDATE

We are here for telephone support and social distanced walks. Please get in contact, we're in this together.

Call the hub on **0115 824 8824** to be put in contact with your support worker.



OPPORTUNITIES

**Numbers and helplines to call
if you're struggling or need
someone to talk to:**

Samaritans:
Phone - 116 123 (24hr and free)
Email - jo@samaritans.org

Mind infoline:
Phone - 0300 123 3393 (9am to 6pm mon-fri) or text 86463
Email - info@mind.org.uk

Side by side:
Website - <https://sidebyside.mind.org.uk/about>

Shout
Text - 85258

Text 'HOME' to 741741 and a crisis counsellor will text you and it's free

ONLINE GROUPS

Hangman

It was your choice for the next group, so let's do it!
See if you can beat the hangman leader!
Vouchers to be won!



We will send you a zoom link closer to the time for you to join 😊

Day and time: Tuesday 24th November @ 4:30pm

Take care everyone

From the
Young Carers Team



T: 0115 824 8824

E: nottinghamshirehub@tuvida.org

19 Pelham Road | Sherwood | Nottingham | NG5 1AP

www.tuvida.org

TuVida is formerly known as Carers Trust East Midlands. We are a Carers Trust Network Partner.



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