

East Midlands Open Minds

A local charity supporting vulnerable disabled people, including people experiencing mental health problems, in Nottinghamshire and throughout the East Midlands. They offer a range of activities including trips out, visits to restaurants or places of cultural interest, meetings and workshops. A qualified teacher attends group meetings and provides one-to-one support to help members with their personal development. Meetings are held regularly at various venues in Nottingham.

<http://www.emom.org.uk/>

Harmless

Harmless is a user led organisation that provides a range of services about self-harm including support, information, training and consultancy to people who self-harm, their friends and families and professionals.

Harmless was set up by people who understand self-harm.

They provide postal and email self-harm support through a counsellor and other volunteers that have personal, supportive and/or professional experience of self-harm.

<http://www.harmless.org.uk/>

Real Lives

Real Lives provides recovery-focused social care packages of support for adults in Nottingham and Nottinghamshire. They aim to work with the individual and their supporters to deliver person-centred care.

They provide packages of support to clients with mental health and multiple needs which are funded through the local authority or the individual.

They name their support workers PALs – Peers and Allies for Living, to reflect the way they work drawing on experiences to empathise with their clients and create respectful and consistent relationships that work for both parties.

<https://www.real-lives.co.uk/>

Middle Street Resource Centre

Middle Street Resource Centre is a community based provision in Beeston. It provides a wide range of college courses, social and volunteering opportunities.

Middle Street hosts the MindSet Mental Health Charity which supports people with lived experience of mental health difficulties to become involved and engage in wellbeing and recovery opportunities.

<https://beestoncommunityresource.wordpress.com/>

Mindset Wellbeing Group

This peer led self-help group, based at Middle Street Resource Centre, aims to support anyone with a lived mental health problem. It runs fortnightly on a Monday 10:30am - 12:00 noon. It is a chance to socialise, help build self-confidence, self-esteem and to improve health and wellbeing.

<https://beestoncommunityresource.wordpress.com/>

Mindset Voice Hearers Group

This is a mutually supportive group for individuals who experience Voice Hearing. Co-facilitated by a locality mental health team occupational therapist, and a mental health support worker from Middle Street Resource Centre. The group runs on the first and third Wednesday of every month, 2:30pm – 4:00pm.

<https://beestoncommunityresource.wordpress.com/>

Meadows EmPOhWER group

A peer support group for people affected by mental health which provides information, advice and support. All groups are facilitated by the charity POhWER. The groups are free, confidential and non-judgmental. There is no referral or booking required.

<https://www.pohwer.net/>

Eastwood Mental Health Hub

The Eastwood Mental Health Hub is a service created by Citizens Advice and Mind to promote mental health well-being along with providing advice on issues such as debt, benefits, letters from council, forms, housing, penalty charges and more.

The Eastwood Mental Health Hub is being run by an Early Intervention Advocacy Caseworker and a Mind Mental Health Caseworker.

This service is aimed at preventing and reducing crisis whether it be mental health crisis or an issue that needs regular intervention. There are one to one sessions, group activities, mindfulness awareness events, and arts & crafts in order to promote better mental health.

<https://citizensadvicebroxtowe.org.uk/>

MUTED, Men Understanding Treating and Experiencing Depression

This is a group for men experiencing depression. MUTED is a registered charity formed to provide information, support and knowledge of Depression in Men. The charity has been founded and is run by a team of people, both men and women, who have experienced, worked with, and studied the effects that the condition can have on sufferers, carers, family and friends.

<http://www.muted.org.uk/>

The Bipolar Lift Community Interest Company

This service aims to enable people who are excluded – through prejudice, discrimination or isolation – to live more fulfilling lives. They have a qualified Bipolar Disorder worker with experience to compliment their team of volunteer Engagement Specialist, Social Workers and Financial Support worker. They will only provide face-to-face meetings to Bipolar Disorder Sufferers in the Nottingham and Nottinghamshire area.

The impact they aim to achieve is firstly to encourage Bipolar Disorder sufferers to be able to talk openly about any issues that are worrying them. Benefit and welfare support, employment advice and 'Managing Myself' care and career plans will provide some sort of medium term focus. They aim to help the Bipolar Disorder sufferer to reach a place of reduced stress, achieve plans and most importantly in a place where they have someone to speak to if and when they are feeling very low and suicidal.

Mind Nottinghamshire

Mind is a national charity which offers a range of support mechanisms for those affected by mental health issues. These include counselling and psychotherapy, supportive listening, peer support, etc.

<https://www.nottinghamshiremind.org.uk/>

Transform Training

The foundation of this organisation's youth programmes is emotional education. They support young people to make sense of their circumstances and take control of their choices and actions. They train young people to understand where their feelings are coming from and how they act in response to feelings they have. They support young people to plan and make positive responses to challenges that they face and look for the support that they need to get on with life.

They run our intensive programmes in different locations, at different times of the year, in response to need.

<http://www.transformtraining.org.uk/>

Counselling Service

Offers one to one, group and couples person-centred counselling both mobile and at their base in Basford. They offer emotionally focused play counselling for children aged 4-11 years old. Their aim is to provide short and long term counselling support to members of the Nottingham/shire community to improve emotional wellbeing and mental health.

<https://www.transformcounselling.co.uk/>

Open House Nottingham

Open House (OH) was founded by a group of mums in early 2012 with the aim of supporting those who are, or have been, affected by any psychological and emotional condition which has developed during pregnancy or during the postnatal period. These include antenatal depression, postnatal depression, anxiety and OCD. One of their main aims is to increase awareness of maternal mental health difficulties through giving talks about their own experiences.

Tel 0115 9196608

The Tomorrow Project

The Tomorrow Project was set up in response to a cluster of suicides in East Leake in 2012. They are a confidential, community based suicide prevention, intervention and postvention service that will help and support in times of struggle. They are a team of individuals who understand despair. They have two pathways of care: supporting those in suicide crisis; and those who have been bereaved by suicide. There is no age restriction in the service.

<http://www.tomorrowproject.org.uk/>

Counselling X tra

For men and women, 16 years and over, in Nottingham and Nottinghamshire. A local charity offering low-cost, person-centred counselling. Also known as Nottingham Women's Counselling Service.

Their counselling service aims to help people understand the causes of their anxiety, depression, relationship issues, and any other concerns. They provide a safe space to explore and essential tools for dealing with these issues.

<http://www.counsellingxtra.co.uk/>

The Carers' Council - Allies in Adult Mental Health

This is a registered charity providing support to those people affected by mental ill health, and in particular their carers and friends. They are not accredited professionals, just very experienced volunteers. A key part of their website is the Helping Hands feature which provides links to many sources of information. Their aim is to help people deal with the challenges of being a carer.

<https://www.carers-council.org.uk/>

Support for Survivors, Nottingham City and County

Supporting male and female victims and survivors, 16 and over who have been subjected to childhood sexual abuse, physical, psychological, incest abuse and rape in Nottingham and throughout the East Midlands.

They offer a safe, sensitive, relaxed and non-judgemental environment with structured programmes at meetings. Openly accessible by individuals or by professional referral.

<http://www.supportforsurvivors.org/welcome.htm>

Depression Self Help

Offering opportunities for sharing feelings, experiences and ideas, working towards recovery. The group is a member of the national depression charity Depression UK.

0115 911 1661 (Self Help UK's information service Monday - Friday 9am-1pm)

Nottingham Bipolar UK Support Group

The group aims to provide a safe and friendly environment where people with bipolar disorder (previously called manic depression), friends and family, can meet to give each other support, confidence and share experiences. Also offers a 'Reading for Mental Health Group' and some walks/social outings. The group is associated with Bipolar UK, the national charity for bipolar disorder.

<http://www.bipolaruk.org/>

Depression UK

For people affected by depression in the UK. A national self-help organisation that offers support to its several hundred members. Most suffer from depression, others may be past sufferers, or care for those who have the illness.

<http://www.depressionuk.org/>