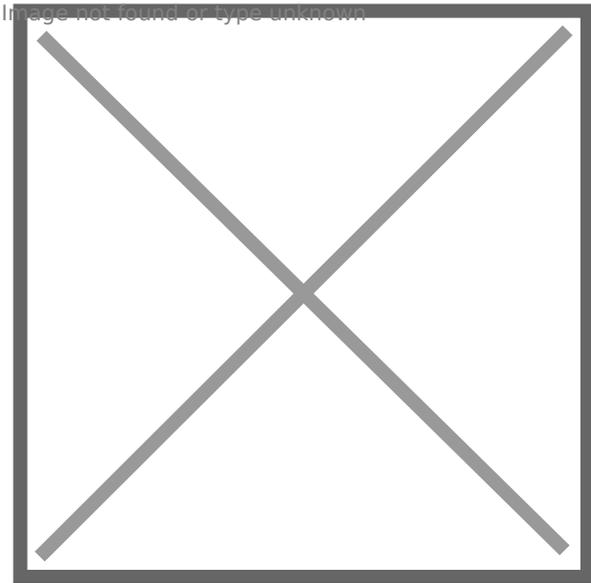


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Themes: Bereavement and Grief, Mental Health

Aimed at: All People

The Nottinghamshire Mental Health Helpline offers access to support for people who need emotional support or information about their mental health.

The service works alongside the Nottinghamshire Crisis Line, providing personalised advice, emotional support and information on coping mechanisms.

Our service also provides access to our online self-help content through

Area: Bassetlaw

Contact Details

0808 196 3779

<https://www.turning-point.co.uk/services/nottingham-helpline>

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