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**Themes:** Advocacy, Counselling, Mental Health

**Aimed at:** All People

The Centre for Trauma, Resilience and Growth

The work carried out by the Centre and the services it provides are broad and varied. It breaks down into the following four areas: therapy, consultancy, training, and research.

The Centre for Trauma, Resilience and Growth is a member of the UK Trauma Group (UKTG), an informal network of leads of UK Trauma Centres.

Effects of traumatic stress

The majority of people exposed to a serious traumatic event often find they will recover in time with few ill effects, although they often find that their attitude and outlook on life changes as a result of their experience - sometimes in a positive way in which they report that they feel they have benefited in some way through an enhanced appreciation of life, and the development of new values about what is important. However, some people may develop a range of problems in living; some may develop phobias, problems with social interaction and cut themselves off from family and friends. Other problems include depression, anxiety, and post-traumatic stress. There is hope, however, for those affected if they seek help sooner rather than later.

Please note

The Trauma Service is now reopen to referrals. The service is able to accept referrals for clients originating from Nottinghamshire County based GP practices only at present. We are unable to accept self-referrals.

We estimate that waiting times for assessment will be approximately up to 8 weeks and treatment waiting times to be approximately 3-6 months. Please contact the service by emailing [traumacentre@nottshc.nhs.uk](mailto:traumacentre@nottshc.nhs.uk) for a guide to our referral criteria (inclusions and exclusions) or call 0115 854 2225 with any queries.

Requests for training can still be made and will be considered and responded to but we may not be able to facilitate new training requests until staff capacity has been increased.

Contact the Centre

For general enquiries, please email: [traumacentre@nottshc.nhs.uk](mailto:traumacentre@nottshc.nhs.uk) The Trauma Service is a small team which generally only operates on Tuesdays, Wednesdays and Thursdays. Our direct line is 0115 8542225, which has secure voicemail

We are based at the Mandala Centre, Gregory Boulevard, Nottingham NG7 6LB. The Centre is a 15-20 minute walk from Nottingham city centre and is near bus and tram links, including the Forest Park and Ride. We share the Mandala Centre building with two other clinical teams.

The main entrance is from Gregory Boulevard, where there is disabled access and two disabled parking spaces. For directions and other related information please contact Gemma Page on the email or the number above.

**Area:** Bassetlaw

## **Contact Details**

Nottinghamshire Healthcare  
NHS Foundation Trust  
NG3 6AA

[traumacentre@nottshc.nhs.uk](mailto:traumacentre@nottshc.nhs.uk)

0115 969 1300- Head Office

<https://www.nottinghamshirehealthcare.nhs.uk/centre-for-trauma-resilience-growth>

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