

NottAlone

#nottalone

Are you worried about your own, or someone else's mental health?

Want to find trusted information, advice and local services that can help?



Local mental health advice & help for young people in Nottingham and Nottinghamshire, all in one place. Scan the QR code or visit nottalone.org.uk

A partnership between



NottAlone Website Launch Briefing Note

NottAlone is a new website sharing local mental health advice and help for young people in Nottingham and Nottinghamshire, all in one place. If you are a young person, a parent or carer or a professional who supports young people's mental health, NottAlone can provide you with information, advice and where to go to get help locally; in person, online or by phone.

Funded by the Department for Education Wellbeing for Education Return Project, NottAlone was developed by young people, parents, carers and professionals from Nottinghamshire County and Nottingham City councils and NHS trusts, as well as local charities and organisations (see Website List of Steering Group Contributors). You can find out more about NottAlone in our Frequently Asked Questions list on the next page.

Visitors to the NottAlone website can search the site according to the specific mental health issue they need help with and there are different versions of the information for young people, parents and carers and professionals, including school/college staff. You can find a brief YouTube video giving you an overview of the site [here](#).

We are keen to hear feedback from all visitors during the initial launch and testing phase. Please visit www.nottalone.org.uk, follow us [@NottAlone1](https://twitter.com/NottAlone1) on Twitter and share the website with anyone who needs it!

A partnership between

Q&A

NottAlone

#nottalone

Q What is NottAlone and who is it for?

It's a website with local mental health advice & help for young people in Nottingham and Nottinghamshire, all in one place. If you are aged under 25, are a parent or carer, or a professional that supports young people, you can find information, advice and where to go to get help locally.

Q Why was NottAlone created?

It was created to help young people, parents and carers and professionals to access the right mental health information and support for them. Young people, parents and carers were part of the design team from the beginning. Key partners include Nottinghamshire County Council, Nottingham City Council and Nottinghamshire Healthcare NHS Foundation Trust.

Q What will NottAlone do?

It is a directory for mental health information and services for children and young people across Nottingham and Nottinghamshire. The website provides information and advice about specific and general mental health issues as well as links to local services who can help.

Q What is the difference between NottAlone and other directories such as ASK Lion and Notts Help Yourself?

NottAlone provides help and advice about mental health services across Nottingham City and Nottinghamshire, all in one place for the first time. The website is the place to go for information about young people's mental health. NottAlone will link to ASK Lion and Notts Help Yourself, which provide information about the full range of services for lots of different needs.



Local mental health advice & help for young people in Nottingham and Nottinghamshire, all in one place. Scan the QR code or visit nottalone.org.uk

A partnership between

NottAlone Website List of Steering Group Contributors

Nottinghamshire County Council

- Education Learning and Skills: Psychology Services, Education Learning and Achievement, Education Access and Partnership Teams
- Children's Integrated Commissioning Hub and Public Health Nottinghamshire
- Communications and Marketing Team
- Finance, Infrastructure & Improvement
- Multi-agency Safeguarding Hub
- Early Help and Youth Justice Services
- Youth, Families and Social Work
- Nottinghamshire Safeguarding Children's Board

Nottingham City Council

- Educational Psychology Service
- Targeted CAMHS
- Mental Health Support Teams

Nottingham and Nottinghamshire Clinical Commissioning Group

- Nottinghamshire CAMHS
- Nottinghamshire Mental Health Support Teams
- CAMHS Primary Mental Health Team

Local Partners

- Kooth
- Base 51
- MH:2K-Leaders Unlocked
- Ask Lion
- Notts Help Yourself
- Change Grow Live
- Nottinghamshire Parent Carer Forum (Notts PCF)

A partnership between
