

We present exhibitions, projects, and events that challenge the way we see things, offer new ideas, and encourage us to think about things differently.

Sometimes what is seen, heard and experienced can provoke unexpected emotional reactions, thoughts and conversations.

The following list may help you to find out about some of the options available to help with your wellbeing, or to help others.

Please note, this is a sample of a range of organisations whose information is publicly available. Nottingham Contemporary is familiar with some but not all organisations listed. In compiling this information Nottingham Contemporary remains impartial, but we hope that this may lead to useful sources of information or help.

Please ask a member of staff if you would like this information in another format.

## Grief Resources

**Cruse Bereavement Care** is the leading national charity for bereaved people in England, Wales and Northern Ireland.

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

**BEAD Project** specialises in grief related to drug and alcohol involvement

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

**Sands** is the leading stillbirth and neonatal death charity in the UK. Sands exists to reduce the number of babies dying and to ensure that anyone affected by the death of a baby receives the best possible care and support for as long as they need it.

<https://www.sands.org.uk/about-sands>

**Sudden** helps people during the first ten weeks following a sudden bereavement.

<https://sudden.org/about-sudden-death/>

**Survivors of Bereavement by Suicide** exist to meet the needs and break the isolation experienced by those bereaved by suicide.

<https://uksobs.org/>

# Mental Health Resources

## Urgent Help with Mental Health

If you need urgent help or you feel that you cannot keep yourself safe, please contact:

- Your GP
- The emergency services – dial 999
- Or go to your nearest hospital with an A & E Department

### Samaritans

24-hour support to people experiencing distress or despair.

Helpline: 116 123

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Website: [www.samaritans.org.uk](http://www.samaritans.org.uk)

### No Panic

Charity to help those with panic attacks, phobias, obsessive compulsive disorder, anxiety disorders and tranquiliser withdrawal.

Helpline: 0808 808 0545

Website: [www.nopanic.org.uk](http://www.nopanic.org.uk)

## Counselling, Therapy and Support Groups

### Counselling Directory

Connecting you with professional counselling support

Website: <https://www.counselling-directory.org.uk/>

### Let's Talk – Wellbeing

You may be eligible for help if you are aged 18 or over and registered with a GP practice in Nottingham City or County. You can contact your GP who may arrange a referral to Let's Talk-Wellbeing, alternatively you can self-refer.

**Telephone: 0115 956 0888**

Email: [letstalknottingham@nottshc.nhs.uk](mailto:letstalknottingham@nottshc.nhs.uk)

Website:

<https://www.nottinghamshirehealthcare.nhs.uk/nottingham-city-and-county->

### Turning Point Talking Therapies

If you are feeling down, worried, depressed or anxious, we can help, face-to-face, over the phone or with online

Telephone: 0300 555 0456

Email: [nottingham.talking@turning-point.co.uk](mailto:nottingham.talking@turning-point.co.uk)

Website: <https://talking.turning-point.co.uk/>

### Insight Healthcare

A not-for-profit organisation providing free NHS talking therapy services across the UK and a range of employee wellbeing programmes to private, public, and third sector clients.

Telephone: 0300 555 5580

Website: <https://www.insighthealthcare.org/our-services/talking-therapies/>

### **Mind infoline**

Telephone: 0300 123 3393 (Monday to Friday, 9.00am to 6.00pm)

Email: [info@mind.org.uk](mailto:info@mind.org.uk)

### **ASSIST Trauma Care**

ASSIST Trauma Care is a specialist Third Sector (*Not-for-Profit*) Organisation offering therapeutic help to adults and children, individuals and families, affected by a wide range of traumatic occurrences.

Website: <http://assisttraumacare.org.uk/our-service/>

### **Child Bereavement UK**

Supporting families and educates professionals both when a baby or child of any age dies or is dying, and when a child is facing bereavement.

Telephone: 0800 02 888 40

Website: <https://childbereavementuk.org/>

### **PTSD Resolution**

Counselling for former armed forces, reservists, and families.

Website: <http://www.ptsdresolution.org/>

### **Cruse Bereavement Care**

Helping to support Nottinghamshire people

Website: <http://nottinghamshirecruse.org.uk/>

### **Catch22**

Nottinghamshire Victim Support for people affected by crime

Telephone: [0300 303 1967](tel:03003031967) or [08 08 16 89](tel:08081689)

Website: <https://www.catch-22.org.uk/services/victim-care-notinghamshire/>

### **Womens Aid Integrated Services**

Charity working with women, children and teens affected by domestic abuse.

Telephone: 0115 947 5257

Website: <https://wais.org.uk/>

### **Institute of Mental Health Leaflet for Young People**

[https://institutemh.org.uk/images/research/New\\_Youth\\_booklet.pdf](https://institutemh.org.uk/images/research/New_Youth_booklet.pdf)