

Mental Health

The Place

2 Russell Place, Nottingham, NG1 5RH

01150484314

www.changegrowlive.org/the-place

We're here for you if you need help with challenges including drugs or alcohol, trouble with housing, domestic abuse, or your mental and physical wellbeing. Our services are free and confidential, and we'll never judge you.

Minds of all kinds – Notts

<https://mindsforallkindsnotts.co.uk/>

Developed by NHS Nottingham and Nottinghamshire ICB, the website is designed to be a central hub for families, carers, and professionals seeking accessible, trustworthy information and guidance. It has been co-produced and developed with young people and their families and adults with lived experience, as well as health care professionals, education, and other local stakeholders.

Minds of All Kinds includes:

- Clear, jargon-free explanations of ADHD, Autism, and other neurodivergent differences.
- Local service directories and referral pathways for Nottingham and Nottinghamshire.
- Practical advice for navigating education, health, and social care systems.
- Personal stories and lived experiences from young people and families.

Special Needs Circle

Tel: 07495 551974 Email:

admin@specialneedscircle.co.uk

Support for parents and carers of children with special and additional needs living in the East Midlands – running virtually

AskUs (previously Parent

Partnership – Supporting SEND

information and advice for parents

Futures, 57 Maid Marian Way,

Nottingham, NG1 6GE

Tel: 08001217772

Email: enquiries@askunotts.org.uk

Independent advice around education issues

Whole Life Disability Services

Ask Lion - Nottingham City Directory -short breaks(Pathway 1/2) - Crocus Fields Outreach (support for parents at home on specific concerns)