

Dear friends and colleagues,

It gives us great pleasure to announce that ABL Health has been commissioned by NHS Nottingham and Nottinghamshire Clinical Commissioning Group to provide early mental health and emotional wellbeing support for children and young people (CYP) aged 0-25 years, and their parents/carers. Alongside this, we will also offer training and consultation to professionals across the Integrated Care System (excluding Bassetlaw).

In partnership with Nott Alone, from the 1<sup>st</sup> of April 2022, Be U Notts will be one of the local services listed on <https://nottalone.org.uk/>. For individuals in Bassetlaw please use Nott Alone to identify the local services available in this area.

Be U Notts will be an accessible early intervention service that is easy to navigate providing timely access to advice, guidance, and support for CYP, families, and partners. ABL Health will be the lead provider, working with delivery partners to meet the needs of CYP presenting with low to mild emotional wellbeing and mental health needs including emotional disorders. The Be U Notts Service will deliver:

- Advice and guidance
- Community drop-in sessions
- 1-1 therapeutic support
- Group sessions
- Online and virtual support
- Peer support groups for children and young people and parents/carers
- Self-harm support
- Self-help/Self-guided care
- Training and consultation for professionals

Our delivery partners include Kooth Online, Base 51, Shawmind, YMCA Robinhood Group, Mustard Seed, and BFB Labs.

From **1<sup>st</sup> April 2022** Be U Notts will be accepting self-referrals, parent/carer referrals, and health care, social care, education, and community referrals via:

- Website – <https://www.beusupport.co.uk>
- Telephone – 0115 708 0008

For colleagues within Primary Care, we are working with the F12 team to ensure our referral form is available on the system from 1<sup>st</sup> April 2022.

Please note, as of 31<sup>st</sup> of March 2022 the following services will cease delivery:

- Base 51 Counselling and Drop-in Service (Nottingham City and Nottinghamshire County)
- Kooth Face to Face Counselling Service (Nottingham City)
- Mustard Seed CIC (Nottingham North and East and Nottingham West)
- Nottingham City Council SHARP Service (Nottingham City)
- Nottinghamshire Healthcare NHS Foundation Trust Primary Mental Health Team Training and Consultation Service (Nottinghamshire County)

All referrals for these services should be directed as follows:

**Nottingham City:**

- Directly to Be U Notts via the referral details above.

OR

- To Nottingham City Council Single Point of Access (SPA) via <http://www.nottinghamcity.gov.uk/CAMHS>

**Nottinghamshire County:**

- Directly to Be U Notts via the referral details above.

Service continuity for existing clients will be our priority as we scale up provision across Nottingham City and Nottinghamshire County. Staff from partner organisations will be joining us on April 1<sup>st</sup>, whilst we aim to limit disruption to service provision, there will be a period of adjustment to cater for training and induction to consider. If you need to speak to someone about a child or young person, please don't hesitate to contact us.

For any further information, to request a copy of our referral form, or to speak with a member of the Be U Notts team, please contact Stuart Stokes on [s.stokes@ablhealth.co.uk](mailto:s.stokes@ablhealth.co.uk).