

Be U Notts Service Information

Overview

Be U Notts is a free mental health and emotional wellbeing service for Children and Young People, and their parents / carers, in Nottingham City and Nottinghamshire County (excluding Bassetlaw). Following the THRIVE model, Be U Notts focuses on 'Getting Advice' and 'Getting Help'.

The service will meet the needs of children and young people (0-25) presenting with low to mild emotional wellbeing and early mental health needs. ABL Health are operating a lead provider model and have highlighted partner delivery in the below pathway.

Be U Notts will also support professionals through a consultation and training offer.

Access Criteria

Age	0-25
Registered GP	Nottinghamshire County GP (excluding Bassetlaw) Nottingham City GP
Presentation	<ul style="list-style-type: none">• CYP who present with mental health needs of low to moderate severity (e.g., anxiety, depression, OCD, low level eating disorders, body-image, self-esteem, identity, sleep)• CYP who have emotional behavioural responses to normal life-events (e.g., bereavement, parental separation, school transition, moving house, exam stress, friendship difficulties, social media / society pressure, lifestyle/risk taking)• CYP who can be supported through early interventions: self-help, guided self-help, peer support, and/or brief therapy interventions (6 session model).

Referral Routes

From the 1st of April 2022, Be U Notts can be accessed via:

- Website – www.beusupport.co.uk (online referral forms)
- Telephone – 0115 708 0008
- F12 for primary care colleagues

Service Pathway

