

If you feel like you may need to make a complaint or raise a concern, please where possible speak to your therapist first, but otherwise you can email us at report@imara.org.uk

If you feel like you need to urgently speak to somebody and the office is closed, here are some important numbers to help you through that time.

Emergency Contacts:

EMERGENCY 999

NHS Direct (Urgent Medical Concerns) **111** or [/www.nhs.uk](http://www.nhs.uk).

CAMHS Crisis Team (Nottingham) 0115 9691300

Out of Hours Support Contact:

East Midlands Children and Young People's Sexual Assault Service (EMCPYSAS) at QMC, Nottingham **0800 183 0023** (24 hr phonenumber)

Childline: <https://www.childline.org.uk/> Call 08001111 (24 hr phonenumber)

Samaritans: <https://www.samaritans.org/> Call 116 123 (Support available 24 hours a day, 365 days a year. Email Support also available)

Young Minds: <https://youngminds.org.uk/> (24 hr free text service) Text ym to 85258. This is a crisis messenger service and they can support with issues including bullying, abuse, relationship issues, self-harm and suicidal thoughts.

CHILD SOCIAL CARE DIRECT 01158764800

PAPYRUS UK <https://papyrus-uk.org/> Prevention of young suicide. They have HOPELINEUK which offers free and confidential support.

THE PROUD TRUST <http://www.lgbtplusnotts.org.uk/> Providing a safe and non-judgmental place where children and young people can be themselves, meet new people, make new friends, take part in activities and access specialist support from trained staff on a range of issues.

BEAT <http://www.beateatingdisorders.org.uk/> We are the UK's eating disorder charity. Founded in 1989 as the Eating Disorders Association, our mission is to end the pain and suffering caused by eating disorders.

Useful Apps

KOOTH (Online counselling support)

CALM HALM (app around Self Harm)

HAPPY FEED (app for Journaling)

HEADSPACE (app for Meditation)

STAY ALIVE (app for Suicidal thoughts)