

Thinking of leaving home because of

Centre for Young People
12 – 25 years



**YOUNG PERSON'S
MEDIATION SERVICE
NACRO**
0115 915 3000

**Relationship
problems**

**NOTTS CHILDREN &
FAMILIES MEDIATION
SERVICE (F.A.M.E.)**
0115 985 8855

**Young people
leaving home can
end up in difficulty
or even homeless**

**Always arguing with
parents/carers**

**YOU MAY NOT RESOLVE
YOUR SITUATION,
HOWEVER MEDIATION
MAY MAKE YOUR HOME
LIFE MORE BEARABLE**

**Wanting
Independence**

**If you are
being abused
– tell someone
you trust!!**

Abuse

STARS Project: 0115 942 2974

**Drug & Alcohol
Problems**

**RUNAWAY HELPLINE:
0808 800 70 70**

Bullying

NSPCC: 0808 800 5000

Leaving Care

CHILDLINE: 0800 11 11

**Mental Health
Problems**

**SHELTER HELPLINE:
0808 800 44 44**

Pregnancy

**SAMARITANS:
0845 70 90 90 90**

**Problems at
School or College**

**DOMESTIC VIOLENCE HELPLINE:
0808 2000 247**

**GP / HEALTH CENTRES
CONTRACEPTIVE &
SEXUAL HEALTH
SERVICES (CASH):
0115 950 91 51
BASE 51: 0115 952 50 40**

SOCIAL SERVICES: 0115 915 5500

**BASE 51: 0115 952 50 40
www.base51.org.uk**

**PARENTLINE PLUS:
0808 80 2222**

**SCHOOL
NURSES**

**YOUTH
WORKER**

**CONNEXIONS
ADVISORS**

HELPLINES

**FRIENDS
& FAMILY**

**SURE
START**

**TEACHERS
OR
TUTORS**

**YOU CAN GET HELP
THERE ARE LOTS OF
PEOPLE YOU CAN TALK TO**

**NATIONAL
PROBATION
SERVICE**

**NOTTS CHILDREN &
FAMILIES
MEDIATION
SERVICE (F.A.M.E.)**

**WOMENS
AID**

**CITIZENS
ADVICE**

**DAY
CENTRES**

**SOCIAL
SERVICES**

**YOUTH
OFFENDING
TEAM**