

## NEED A SAFE SPACE?

### Asylum Seekers & Refugees

#### Refugee Roots

refugeeroots.org.uk • Instagram: @refugeeroots

#### Refugee Forum

nottsrefugeeforum.org.uk

## Women & Young People

#### Nottingham Women's Centre

Safe space for women •  
nottinghamwomenscentre.com

#### GROWS (Positively UK)

Women & ageing with HIV • [positivelyuk.org/grows-growing-older-wiser-and-stronger](http://positivelyuk.org/grows-growing-older-wiser-and-stronger)

#### CHIVA

Children & young people (11–17 camps) •  
[chiva.org.uk](http://chiva.org.uk)

## LGBTQ+

#### Notts LGBT Network

Community & events • [nottslgbt.com](http://nottslgbt.com)

#### Galop

LGBT+ abuse/violence support • [galop.org.uk](http://galop.org.uk)



#### The Spencer Trust

LGBTQ+ support  
(East Midlands)

[thespencertrust.co.uk](http://thespencertrust.co.uk)

## Drug & Supplement Interactions

[hiv-druginteractions.org/  
checker](http://hiv-druginteractions.org/checker)

(Also available as an app)



## Sexual Health Services

[sexualhealthnn.co.uk](http://sexualhealthnn.co.uk)

Find local services



## Want the facts?

### Trusted websites

i-Base • [i-base.info](http://i-base.info)

[aidsmap](http://aidsmap.com) • [aidsmap.com](http://aidsmap.com)

Positively UK • [positivelyuk.org](http://positivelyuk.org)

THT • [tht.org.uk](http://tht.org.uk)

National AIDS Trust • [nat.org.uk](http://nat.org.uk)

## Supporting those living with HIV in Nottinghamshire



[thrivesupportgroup.co.uk](http://thrivesupportgroup.co.uk)



**Nottingham  
University Hospitals**  
NHS Trust

**NOTTINGHAM  
UNIVERSITY  
HOSPITALS HIV  
CONTACT,  
SERVICES AND  
SUPPORT**

## NEED HELP NOW?

Secretaries	<b>07812 278279</b>
Pharmacists	<b>07595 284922</b>
Specialist nurses	<b>07812 268514</b>
GUM call centre	<b>0300 131 7010</b>

### Specialist counsellor

Ask the specialist nurses for a referral

## CRISIS SUPPORT

Samaritans (free, confidential)  
116 123 • Text **SHOUT** to 85258

Nottingham & Nottinghamshire 24/7 line  
0808 196 3779

## Domestic and Sexual Violence Support

### TOPAZ SARC (24/7)

topazcentre.org  
0330 223 0099



**Nottingham Sexual  
Violence Support Services**  
nottssvss.org.uk

### Equation

equation.org.uk

### Respect (men)

0808 801 0327

### Women's Aid

womensaid.org.uk

## Mental Health Support

### NottAlone (Notts hub)

nottalone.org.uk



### Body & Soul (remote support)

bodyandsoulcharity.org

**Community Mental Health  
Teams (Nottingham only)**  
Self referral: 0300 555 5582

### Notts Talk

(NHS talking therapies)

notts-talk.co.uk

## Help with Drugs, Smoking and Alcohol

### Nottingham Recovery Network

Drug & alcohol support •  
nottinghamrecoverynetwork.com

### Change Grow Live (Nottinghamshire)

Drug & alcohol support •  
changegrowlive.org/service/  
nottinghamshire-drug-alcohol

### Thriving Nottingham

Quit smoking/vaping •  
thrivingnottingham.org.uk

### Your Health Notts

Lifestyle changes • yourhealthnotts.co.uk

### FRANK

Confidential drugs advice • talktofrank.com

## Housing and Financial Advice

### Citizens Advice (Nottingham & District)

citizensadvicenottingham.org.uk

### Housing Aid (Nottingham)

housingaid@nottinghamcity.gov.uk  
0115 876 3300

### Street Support (Nottingham)

streetsupport.net/nottingham

### MoneyHelper

moneyhelper.org.uk/en

### THT Hardship Fund

tht.org.uk/get-help/  
living-well-hiv/hardship-fund

### CHIVA Hardship Fund

chiva.org.uk/professionals/  
refer-a-young-person/hardship-support