



SUPPORT WHEN YOU NEED IT

Be U Notts is a free, accessible and convenient mental health and emotional wellbeing support service for people between 0-25 years of age and their parent and carers.

The service provides early interventions for children and young people experiencing [mild to moderate](#) mental health and emotional wellbeing needs.

Our goal is to facilitate equal access to mental health and emotional wellbeing support for children and young people, in a friendly, non-judgmental and supportive environment.

Since April 2022, Be U is available for people living in Nottingham City and Nottinghamshire County, except Bassetlaw, where support is delivered by [NottAlone](#).

Be U Notts is commissioned by [NHS Nottingham and Nottinghamshire Clinical Commissioning Group](#) and delivered by [ABL](#) and its [local partners](#), with the support of [NottAlone](#).



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GET IN TOUCH

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