

Charities, helplines, art collectives and support groups:

Pending Collective at Backlit

<https://backlit.org.uk/pending-collective>

Art and social group for or 16-25 year olds.

Samaritans

<https://www.samaritans.org/>

A registered charity providing emotional support to individuals throughout the UK and Ireland.

Young Minds

<https://youngminds.org.uk/>

A registered charity providing emotional support to young people.

NHS Helplines

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

The NHS' list of mental health charity helplines.

Nottingham Ramblers

<https://www.ramblers.org.uk/nottingham>

A walking group based in Nottingham, walking around the local area and Peak District.

Unreal

<https://www.unrealuk.org/>

A charity supporting people experiencing dissociation or the dissociative disorder DPRD, as well as their carers and families.

Wombenhood

<https://www.valeriamedici.com/wombenhood>

A conversation based project which offers a space for open-ended conversation around the topic of menstrual cycles.

Lumina Collective at Backlit

<https://www.facebook.com/groups/536431933794120/>

Art and social group exploring art and feminism.

Modern Painters, New Decorators Mailing List

<https://instagram.us15.list-manage.com/subscribe?u=4fcaba373d30544e0a44c43cf&id=d51d9a0243>

An artist-led organisation running a gallery, shop and studios in Loughborough.

Mind Charity

www.mind.org.uk

A mental health charity based in England and Wales.

Nottingham Women's Centre

<https://www.nottinghamwomenscentre.com/>

Women's centre offering support, activities and classes for women.