

External Agency Support

Please see below details of a range of agencies who can offer advice and support:

First port of call:

- [nspcc](#). The NSPCC's Parents' site recognises a big part of keeping children safe is making sure to look after their emotional and mental well-being. The site offers information on an array of topics including mental health and wellbeing; self-harm; sexual behaviour; and talking about difficult topics.
- [Talk to Frank](#). an advice section of the site for parents offering up to date advice and information about drugs, providing access to live chat, email and telephone support, as well as leaflets, FAQs and links to other sites.
- [nhs.live-well](#) Advice and tips from the NHS.
- [Time to Change](#) Time to Change is a mental health campaign in England, launched in 2007 with the objective of reducing mental health-related stigma and discrimination.
- [Mind](#) - Mental Health Charity website with advice, information and support.
- [Education Support Partnership](#) - A UK charity providing mental health and wellbeing support to staff working in schools.

If specialised support is required please seek support below:

Every Mind Matters

A public health England and NHS site to help people take simple steps to look after their mental health, improve their mental wellbeing and support others.

Website: <https://www.nhs.uk/oneyou/every-mind-matters>

Anna Freud

Anna Freud's vision is to help create a world where children and families are supported effectively to build on their strengths and to achieve their goals in life.

They have developed a range of tools and services that there to support children, young people and their families in mental health distress. They also have a wide range of training programmes available for professionals and researchers in the latest skills and tools to improve mental health globally.

Website: www.annafreud.org

Bridge the Gap

Founded in 2017, Bridge the Gap are a non-profit organisation dedicated to improving the mental health of children, parents and teachers in Derby City and beyond.

Bridge the Gap offer a range of subsidised or free drop-in sessions, workshops, courses and training opportunities covering a wide range of issues including emotional development and exploration, behaviour and sleep. They also have mental health professionals who are able to offer 1:1 support for children who are struggling as well as offering private regular parenting consultations and support.

Website - www.jwbridgethegap.com

Phone - 07907 885935

Build Sound Minds

Build Sound Minds (Action for Children) provide specialist early interventionist support for children and young people aged 0-17 (Early years, Primary, Secondary) who are likely to present emotional and mental difficulties but do not meet the thresholds for more specialist services such as CAMHS.

The Build Sound Minds service is commissioned by Derbyshire and Derby City Clinical Commissioning Group. They can therefore accept referrals for any children or young people who are registered with a GP Surgery in the Derbyshire and Derby City CCG area

Website - minds.actionforchildren.org.uk

CAMHS

The child and adolescent mental health service is committed to providing comprehensive and targeted treatments, delivered in the heart of our communities, which positively impact upon the emotional and psychological wellbeing of children and young people.

The specialist CAMHS teams provide services for Derby City residents and employ a range of highly qualified and specialist clinicians and therapists. They maintain close links with adult mental health services, early interventions service, youth offending teams and Breakout, Derby City's young people's substance misuse service. CAMHS assessments and subsequent care delivery are geared towards ensuring speedy access to the right level of service for the individual and family needs. They also provide a flexible out-of-hours service, including after school and evening services.

Website - www.derbyshirehealthcareft.nhs.uk

Phone - 0300 790 0264

Change4Life

Change4Life is a public health programme in England which began in January 2009, run by Public Health England. It aims to help families make small, sustainable yet significant improvements to their diet and activity levels, with an overall goal of ensuring healthy eating and good diets.

They have a large range of activity ideas, tips, recipes, tools and resources to help families and those around Children and Young People to help them make smart choices regarding their food.

Website: www.nhs.uk/change4life

Child Bereavement UK

'Child Bereavement UK' help children and young people across early years, primary and secondary settings (up to age 25), parents, carers, and families, to rebuild their lives when a child grieves or when a child dies.

They also provide training to professionals, equipping them to provide the best possible care to bereaved families.

Website: www.childbereavementuk.org

National Helpline: 0800 02 888 40

Email Contacts:

General: enquiries@childbereavementuk.org

Helpline: support@childbereavementuk.org

Childline

Childline is a free, private and confidential national service available online and over the phone for anyone under the age of 19. They have a wide range of resources and services that cater to anything a person under the age of 19 may face. These include a free hotline, an email service and 1-2-1 chats with counsellors.

Website - www.childline.org.uk

Phone - 0800 11 11

Contact

Contact is a national charity that provide a range of online, printed and free helpline advice, support and training for the parents and families of disabled children and young people. Their work includes physical and social, emotional and mental health (SEMH). Alongside their free helpline, they operate an Online community where parents can chat to other families online about anything and everything that affects their child and family. Contact also run Family Events right across the UK.

Website - www.contact.org.uk

Email - info@contact.org.uk

Phone - 020 7608 7800

Dying Matters

Hospice UK's Dying Matters campaign is working with you to create an open culture in which we're comfortable talking about death, dying and bereavement. They have many useful free downloadable leaflets, there is a specific one entitled 'Talking to Children about Dying'

<https://www.hospiceuk.org/our-campaigns/dying-matters>

Family Lives

Family Lives is a charity with over three decades of experience helping parents to deal with the changes that are a constant part of family life. They provide support for resident parents, grandparents, step-parents and non-resident parents.

Family Lives advises on all aspects of family life including child development, issues with schools and parenting/relationship support. They also provide support around family breakdown, aggression in the home, bullying, risky teenage behaviour and mental health concerns of both parents and their children. They can help you find solutions and recommend further support within their wider services and/or from our many partner organisations.

Family lives provides advice for Early Years, Primary and Secondary.

Website - www.familylives.org.uk

Email - Askus@familylives.org.uk

Helpline - 0800 800 2222

Green Lane – Counselling & Psychotherapy

Green Lane Counselling & Psychotherapy is a paid-for service based at 61 Friar Gate in the centre of Derby which aims to make counselling accessible and affordable for everyone.

They work with clients from the age of 5 upwards.

The initial assessment is £20. The maximum fee per session is £30 for individuals and £40 for couples, with reduced fees being available for anybody who is not able to pay the full fee.

Website

- www.greenlanecounselling.co.uk

Telephone

-

07977

712027

Email - Enquiries@greenlanecounselling.co.uk

Hope Again

Hope Again is the youth website of Cruse Bereavement Support. It has been created for young people, by young people. They offer support, advice and a type of signposting service, solely online to children and young people who have lost a loved one/s. They want to break the isolation that grief brings, by providing a space for young people to explore their grief and feel less alone.

<https://www.hopeagain.org.uk/>

Kooth

Kooth is a free online Mental Health and Wellbeing resource for children and young people aged 11 to 25 in Derby and Derbyshire that requires no formal referral, instead only requiring the user to set up an account on the website. Available 365 days of the year via mobile, tablet and desktop devices from 12 noon to 10pm Monday-Friday and 6pm-10pm at weekends, the service provides access to accredited counselling support, peer support via online forums and relevant articles detailing a variety of topics.

To sign up, visit www.kooth.com

Mermaids

Mermaids provides a helpline aimed at supporting transgender youth up to the age of 19, their families and professionals working with them. The helpline offers; emotional

support; a gateway to the parents and teens forums and signposting to training and resources.

The Mermaids Helping is open Monday - Friday, 9AM - 9PM (times may vary on Bank Holidays)

Website

- www.mermaidsuk.org.uk

Phone - 0808 801 0400

MindEd

MindEd provides completely free, completely open access, online education, available on tablets, phone or computers - bite-sized chunks of 'e-learning', to help adults to support well-being and identify, understand and support children and young people with mental health issues.

Website - www.minded.org.uk

National Autistic Society

Founded in 1962, the 'National Autistic Society' are the UK's leading charity for autistic people and their families. Their goal is to help transform lives, change attitudes and create a society that works for autistic people.

Their website contains a wide range of information and resources designed to help schools, families, individuals, children and adults who may have autism, either directly or associationally.

Website: www.autism.org.uk

Phone: 0808 800 4104 (Helpline - 10am – 12pm and 1pm - 3pm, Monday to Friday (excluding bank holidays))

Papyrus

Papyrus is a national charity dedicated to the prevention of young suicide. They exist to reduce the number of young people who take their own lives by shattering the stigma around suicide and equipping young people and their communities with the skills to recognise and respond to suicidal behaviour.

Papyrus provide a confidential support and advice service for young people (Primary, Secondary or otherwise) who are struggling with thoughts of suicide, or for anyone worried about a young person. Papyrus also engage communities and volunteers in suicide prevention projects and deliver training programmes to individuals and groups. This includes equipping local councils, healthcare professionals and school staff (teachers, school managers/leaders) with suicide prevention skills.

Website - <https://papyrus-uk.org>

Phone - 0800 068 41 41 (Text - 0778 620 9697)

Email - PAT@papyrus-uk.org

Relate

Relate Counselling Relate Derby has been commissioned by NHS England to provide counselling services for free to residents of Derby and Derbyshire.

The services available are:

- Support for children and young people's (age 5 – 8 years) emotional health and wellbeing

- Counselling for people affected by Autism Spectrum Condition (ASC)

The free Relate telephone helpline (0808 178 9363) has also been extended and is now running on Monday, Tuesdays and Thursdays from 10.00am – 1.00pm. The helpline gives people the opportunity to speak directly to an experienced Relate trained counsellor, without having to make an appointment.

For further information contact 01332 349177 or 07741193484 or email info@relatederby.org.uk

<https://www.relatederby.org.uk/>

Sunshine Support

If you are a parent/carer or professional who's responsible for a child or young person with special educational needs, then Sunshine Support are there to help. They provide independent information, advice and support to parents/carers and professionals of children and young people with special educational needs.

The provision includes access to independent SEND professionals whose specialisms cannot usually be provided through local government and health authorities.

Website - www.sunshine-support.org

Contact - www.sunshine-support.org/contact

The Sleep Charitu

The Sleep Charitu, incorporating The Sleep Council, provide advice and support to empower the nation to sleep better. They campaign to improve sleep support and access to high quality information, raise awareness of the value of a good night's sleep and promote understanding around the complexities of sleep.

They want everyone to share our vision that sleep is a vital component of health and wellbeing and that everyone living with sleep issues should have access to effective, consistent, evidence-based support.ve access to effective, consistent, evidence-based support. More information found here:

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

TalkTime (Action for Children)

Talktime is a child-focused early intervention support service working with Primary and Secondary school children (between the ages of 4 and 18) and their families, where the children are unhappy or emotionally distressed. Operated by Action for Children, referrals may include: Loss, Self-Harm, Bullying, Friendship Issues or children who have witnessed domestic violence.

Action for Children Information Leaflet

Phone - 01246 277422

Winston's Wish

Winston's Wish supports bereaved children, young people, their families, and the professionals who support them. They were the UK's first childhood bereavement charity and have been supporting bereaved children since 1992.

They provide specialist child bereavement support services across the UK. This includes in-depth therapeutic support in individual, group and residential settings, as well as a Freephone National Helpline, training for professionals and specialist publications.

Website: www.winstonswish.org

Helpline: 08088 020 021

Email contacts:

General: info@winstonswish.org

Support: ask@winstonswish.org

Young Minds

Young Minds works closely with young people and their families to campaign on issues which impact on young people's mental health.

They operate a range of services including a helpline offering free advice and support to any adult who's worried about the behaviour or mental health of a young person.

Young Minds also offers training and consultancy to professional who with children - including teachers, doctors, and mental health services.

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

Phone - 0808 802 5544