



## Services to support children and young people's emotional health and well being



Name of scheme/ service	Description	Geographical Area	Provider Contact Detail for support and referral
Urgent care/ crisis support North Derbyshire	<b>A 4 hour response</b> to support young people who are experiencing acute mental distress /have seriously self-harmed or are having suicidal thoughts. The team will assess and engage with young people at home if it's safe to do so.	High Peak and Dales(excluding Glossop) Chesterfield Northeast Derbyshire Bolsover	North Derbyshire – provider Chesterfield Royal Hospital <b>01246 514412.*</b> Team available 7 days a week 10 am -10pm Referrals from Gp's practitioners, and self referrals accepted <i>* please note that from 1<sup>st</sup> April 2017 a separate phone line will be available / advertised</i>
Southern Derbyshire and Derby City CAMHS RISE - Rapid Intervention, Support and Empowerment	A rapid response service for GPs and other practitioners to ensure the best possible support for young people who are experiencing acute mental distress /have seriously self-harmed or are having suicidal thoughts.	Erewash and Southern Derbyshire Dales, Amber Valley and Derby city	<b>Telephone :0300 123 3124.</b>  The team is available from 8am to 11pm 7 days a week .  Derbyshire community health care NHS trust
Southern Derbyshire Children and Adolescent mental health services (CAMHS)	Non urgent assessment and therapeutic support for a wide range of mental health disorders including a dedicated eating disorders service. <i>A dedicated community outreach service/ for intensive home care and support is being developed .</i>	Erewash and Southern Derbyshire Dales, Amber Valley and Derby city	<b>Telephone: 03007900264</b>  Provider: Derbyshire community health care NHS trust
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Relate -Safe Speak- children and young people's counselling in North Derbyshire	Referrals for the service to be received from GP surgeries in the North Derbyshire area. To provide up to 15 face to face counselling sessions a week (44 weeks a year) for young people aged 5-18 years. Reducing CAMHS waiting lists. <b>Base chesterfield Relate office.</b>	High Peak and Dales(excluding Glossop) Chesterfield Northeast Derbyshire Bolsover	Relate Derby and Southern Derbyshire 3 Wentworth House Vernon Gate Derby DE1 11UR Tel: 01332 331259 Fax: 01332 297384 <b><u>contact by telephone</u></b>
Relate -Safe Speak- children and young people's counselling in South Derbyshire	Ongoing weekly support to single point of access for children and young people with mental health problems	Erewash and Southern Derbyshire Dales, Amber Valley and Derby city	Relate Derby and Southern Derbyshire 3 Wentworth House Vernon Gate Derby DE1 11UR Tel: 01332 331259 Fax: 01332 297384 <b><u>contact by telephone</u></b>
First steps voluntary sector support for eating disorders	Working closely with CAMHS Providing solution focused preventative, early intervention and long term ongoing support for people with diagnosed or undiagnosed eating disorders. Offering practical and non clinical intervention to develop coping skills in order to manage and overcome eating disorders more effectively. Peer support service offered throughout Derbyshire county and Derby City	All areas in Derbyshire county and Derby City	First steps Ingham house 16 agard street Derby De1 1dz  01332 367571 <a href="http://www.firststepsderbyshire.co.uk">www.firststepsderbyshire.co.uk</a>  <b>Contact by telephone accepts self referrals as well as those from practitioner and Gp's</b>
Action for Children TALK TIME	40-50 children per year in 1:1 sessions in schools 35 small groups/year (approx. 8 young people/group) (for focused project based activities – worry workshop, anger management, self-esteem, boys/girls group).	High Peak and Dales(excluding Glossop) Chesterfield Northeast Derbyshire Bolsover	<b>Caroline Bradshaw Team Leader</b>  Action for Children  01246 277422 07702098766 <b>contact by telephone for referral</b>
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Social prescribing	Enabling schools across the county to access a range of measures to support the emotional health and wellbeing of children and young people.	County wide service for all CCG areas –	James Creaghan Senior Public Health Manager Health And Communities, Public Health  For further detail : 0162937690
SV2 Supporting Victims of Sexual Violence	SV2 – SV2 provides specialist counselling for victims of sexual violence, both male and female, from the age of 14. This contract covers work for 14-17 year old	County wide service for all CCG areas –	Telephone Self referral or referral by consent  01773746115  <b>contact by telephone</b>
Self Harm pilot (Rural Action Derbyshire)	Rural action Derbyshire. Piloting an awareness session with older teenagers and schools staff in 6 schools across Derbyshire County.	County wide service funded by Erewash CCG. Hardwick and North Derbyshire and Public Health	Contact by telephone <b>01629 592971</b> Sylvia Green
Youth engagement SCHEME	The Youth Engagement Scheme (Y.E.S!) is a multi-agency venture led by Derbyshire Fire and Rescue Service; it is targeted at young people aged 13 to 16 years who are at risk of exclusion, disengaged with education or society, those who have or are at risk of committing a criminal offence or those with low self-esteem and confidence.	County wide service	  yes CRITERIA FOR YES Referral Form V1 SELECTION OF YOUT 15.04.13.doc Tel : 01332 771221 MOB 07799133636  YES! Provides 12 sessions, 1 day per week. A scheme which works with the partners from the referral stage through to the delivery of the scheme.
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<b>Horizons</b>	Looked after Childrens service to support Childrens emotional health and wellbeing offering therapeutic support	<i>All Derbyshire County areas provided the child/ young person originates from Derbyshire County Location .</i>	The Horizons Administrative Team The Hub Shiners Way Off Market Street South Normanton DE55 2AA Tel 01629 533775
Integrated emotional health and well-being service for LAC	Derby City Looked after Childrens service to support Childrens emotional health and wellbeing and support social care networks for LAC	Derby City	For further information please contact <a href="mailto:alice.sanghera@derby.gov.uk">alice.sanghera@derby.gov.uk</a>  Tel 01629 533775
SANE LINE	SANE line runs a national, out-of-hours mental health helpline offering specialist emotional support and information to anyone affected by mental illness, including family, friends and carers.	All CCG areas National help line	<b>Telephone:</b> 0300 304 7000 <a href="http://www.sane.org.uk">www.sane.org.uk</a>  Open every day of the year from <b>6pm to 11pm</b>
Talking Mental Health Derbyshire	Talking Mental Health Derbyshire offers a range of therapies for people experiencing common psychological difficulties, such as those feeling anxious, low, or depressed.  Confidential service young adults 16 years and over, who are registered with a Derbyshire GP	For all Derbyshire county and Derby city area	Contact us <b>Telephone:</b> 0300 123 0542 Automated referral system or speak to admin team  <b>Email:</b> <a href="mailto:talking@derbyshcft.nhs.uk">talking@derbyshcft.nhs.uk</a>  <b>Office address:</b> Talking Mental Health Derbyshire, <u>Ilkeston Resource Centre</u> , Ilkeston Community Hospital, Heanor Road, Ilkeston DE7 8TL  <b>Therapists will travel to client if appropriate</b> Web site  <a href="http://www.derbyshirehealthcareft.nhs.uk/services/talking-mental-health-derbyshire/">http://www.derbyshirehealthcareft.nhs.uk/services/talking-mental-health-derbyshire/</a> SELF REFERRAL ON LINE AVAILABLE
<b>Name of scheme/ service</b>	<b>Description</b>	<b>Area of Focus</b>	<b>Provider Contact Detail for support and referral</b>

<b>Mindfulness in schools</b>	Using a cascaded skills model in schools, and with foster carers to support skills to adopt mindfulness as an embedded ethos to everyday working practice. This will have a positive effect in improving attainment, and attendance. Children will demonstrate a positive difference in managing anxiety and stressful situations.	120 schools in Derbyshire county and Derby City (excluding Erewash) To be recruited.	DCC Educational Psychologists lead project For further information contact Dawn Davies Hull (Senior Educational Psychologist)  <b>01629 533535</b>
<b>Derbyshire county</b>  <b><u>Call Derbyshire</u></b>	Offers Out of hours support and / signposting	All areas in Derbyshire county	Call <b>01629 533190</b> . The call centre is open between 8am to 8pm, Monday to Friday and 9.30am to 4pm Saturdays to provide you with a speedy and direct responses
<b><u>Derby City Careline</u></b> –  Out of hours support /signposting	Service to make people feel safe until the next working day. Daytime workers may become involved to follow up on a problem that has been dealt with at night or over a weekend.	Derby City	During office hours call <b>01332 786968</b> for social care support. Alternatively, for out of hours support, please call <b>01332 786968</b> . If you are Deaf, please text <b>07890 034081</b> . The service operates from 5pm to 9am Monday to Friday and 24 hours a day on weekends and bank holidays.