

Useful Emergency Contacts in the event of school closure

<https://www.derby.gov.uk/community-and-living/youth-support/young-people-information-and-advice/>

Advice and support

Childline - is the free helpline for children and young people in the UK. Children and young people can call **0800 1111** to talk about any problems, including bullying, mental health, health, exams, eating disorders or families.

The Samaritans - call 08457 90 90 90. They can provide emotional support 24 hours a day for people who are experiencing feelings of distress or despair. **You can text 07725909090**

Youth2Youth - a help line run by young people for young people. Call 020 8896 3675.

Mental health

Young Minds - information to young people about mental health and emotional wellbeing.
0808 802 5544

MIND – the national information line is 08457 660 163 is available from 9.15am to 5.15pm Monday to Friday. Our local help line number is 01332 772300.

Sane - Saneline is a national out-of-hours telephone help line offering emotional support and information for people affected by mental health problems. Call 0845 767 8000.

Rethink - Rethink works to help everyone affected by severe mental illness recover a better quality of life. Call 0845 456 0455.

Papyrus - prevention of young suicide. Call 08000 68 41 41

Police Call **101 or 999 in an emergency**

Health Call **111**