



Team EPS - STePS
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Links to support online and by phone specifically for Social Emotional and Mental Health during Covid-19

Urgent Help	For CYP	For Parents	For Teachers	Self Help
1/ National Crisis Line 2/ Mental Health Support Line	1/ Relate 2/ CAMHS 3/ Kooth 4/ Changing Lives	1/ Relate 2/ Qwell 3/ Young Minds 4/ Educational Psychologists 4/ Contact	1/ CAMHS 2/ Educational Psychologists 3/ Changing Lives 4/ Build Sound Minds	1/ Anna Freud Centre 2/ Young Minds 3/ Mental Health Support (NHS)

Urgent help

National Crisis Text Line - In a crisis? Anxious? Worried? Stressed? 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. A place to go if you are struggling to cope and you need immediate help. Text 85258.

Derby City Mental Health Support Line - If you need urgent help you can call 0300 790 0596 between the hours of 9am and midnight, seven days a week visit: <https://www.derbyshirehealthcareft.nhs.uk/getting-help/coronavirus-covid-19/mental-health-support-line> . Specialist mental health professionals will be there to help.

For Older Children and Young People:

Relate Helpline and online - <https://www.relatederby.org.uk/#> online counselling to support everyone’s relationships (and specifically parent-child relationships). The helpline is open on Mondays, Tuesdays and Thursdays from 10am-1pm 0808 178 9363.

Specialist Teaching and Psychology Service / People’s Department
derby.gov.uk

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CAMHS online – peer support, counselling and interventions for older children and young people with low to moderate level mental health needs <https://www.derbyshirehealthcareft.nhs.uk/services/childrens-mental-health-services-camhs-derby-and-southern-derbyshire/im-professional> for children and young people experiencing depression, low mood, bereavement, stress, panic or anxiety. To make a referral complete the TICT [referral form](#)

Kooth Online (for CYP age 11-25) – support for children and young people’s mental health and wellbeing - www.kooth.com/ 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. Users will need to Join Kooth.

Changing Lives - for CYP who don’t meet threshold for CAMHS. CBT approaches for CYP experiencing mild to moderate symptoms of anxiety, phobias, separation, panic, worry, stress, OCD (in some cases), general low mood, physical symptoms including poor sleep and appetite, cognitive symptoms including negative thoughts about self, others, the world, anger/ irritability, interpersonal difficulties or loss. General enquiries: [helen.skinner10@nhs.net/](mailto:helen.skinner10@nhs.net) Derby City and South Derbyshire: vicky.vieselis1@nhs.net

For Parents:

Relate Helpline and Online – Support for everyone’s relationships (and specifically parent-child relationships) provided by Relate - <https://www.relatederby.org.uk/#> Helpline open on Mondays, Tuesdays and Thursdays from 10am-1pm 0808 178 9363.

Qwell Online – support for parents/ carers whose children are under 18 years old with mental health and wellbeing - <https://www.qwell.io/> 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. Users will need to Join Qwell.

Young Minds Parent Helpline – 0808 802 5544 – for parents worried about their child <https://youngminds.org.uk/contact-us/>

Educational Psychologists Helpline - EPs can provide support to parents/ carers with the mental health and wellbeing needs of children and young people. Contact your link Educational Psychologist (the School EP) directly or contact the STePs team on 01332 641400.

Contact – specifically for families with children with disabilities. Contact are offering a 1:1 confidential phone appointments for parents to talk to a family support advisor. For more information see Contact website [https://contact.org.uk/news-and-blogs/introducing-our-new-1-1-listening-ear-service-\(1\)/](https://contact.org.uk/news-and-blogs/introducing-our-new-1-1-listening-ear-service-(1)/) or ring 0808 808 3555.

For Teachers and Schools: CAMHS Specialist Community Advisors (SCA) provide consultations to all professionals, about the mental health and wellbeing being of children and young people. If you already have established links then please continue to contact your SCA directly.

Derby City locality 1,2 & 5	Sonia Simpson-Brown	07833 927241	Sonia.simpson-brown@nhs.net
Southern Derbyshire	Dawn Wain	07717 782268	Dawn.wain@nhs.net

Educational Psychologists also provide consultation to school staff about the mental health and wellbeing of children and young people. Contact your link Educational Psychologist directly or contact the STePs team:

Derby City	STePS	01332 641400	stepsadmin@derby.gov.uk
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Changing Lives – for CYP who don't meet criteria for CAMHS - a dedicated support line for School staff Mondays and Tuesdays. For general enquiries/ more information contact helen.skinner10@nhs.net/ Derby City and vicky.vieselis1@nhs.net South Derbyshire

Build Sound Minds have developed programmes that can be delivered on line for secondary age pupils with are showing early signs of struggling with their emotional health. There is a 2 session programme (bouncing back) and a 6 week programme (Blues). The can be delivered digitally to groups of young people in school years 9 – 11. For more information contact caroline.stodart@actionforchildren.org.uk

Self Help

Written Advice and short videos produced by The Anna Freud Centre for young people, parents and schools specifically related to the corona virus.- <https://www.annafreud.org/coronavirus/>

Written Advice and short videos produced by Young Minds <https://youngminds.org.uk/> Supporting CYP's mental health needs with CV-19, plus mental health and managing with anxiety, OCD and eating disorders at this time.

Mental Health and Wellbeing Support Website (NHS)

www.derbyandderbyshireemotionalhealthandwellbeing.uk with a range of information from different organisations to help support health and wellbeing