

Mental Health Support for young people

Kooth provides free information, advice and support and anonymous online counselling and emotional wellbeing support to children and young people in the area, aged 11-18.

This service gives you anonymous access to online support whenever they need help or advice. The service offers self-help resources, articles, moderated peer-to-peer forums and messaging with a qualified counsellor. You can also drop in or schedule a one-to-one chat session with a Kooth counsellor between midday and 10pm on weekdays and from 6pm until 10pm on weekends.

To access it please visit <https://www.kooth.com/>

Build Sound Minds – specialist support for young people and adolescents (up to 18) who are struggling with a wide variety of issues including family difficulties, anxiety, self-harm, bullying and bereavement. To self-refer please visit

<https://services.actionforchildren.org.uk/derbyshire/build-sound-minds/make-a-referral/young-peoples-referrals/>

Qwell - providing free, online mental health and wellbeing support from 12 noon-10pm on weekdays and 6pm-10pm on weekends from accredited counsellors for parents and carers in Derby and Derbyshire whose children are under the age of 18. Additionally, the service provides 24/7 access to online forums where concerns and relevant articles can be shared and discussed. To access Qwell, please visit www.qwell.io and create a free account.

Derby and Derbyshire Emotional Health & Wellbeing Website - a website providing a one-stop-shop to find local information about emotional health and wellbeing support and other related information that is available.

Visit: www.derbyandderbyshireemotionalhealthandwellbeing.uk

Samaritans - 116123 or email jo@samaritans.org

Derbyshire Mental Health Support - 0300 790 0596 - offering additional support during the pandemic

Useful Apps

- **Stay Alive** is a free suicide prevention app that helps users to stay safe from acting on their thoughts of suicide.
- **Self-help Anxiety Management** is an app which helps users track the things that make them feel anxious.
- **Moodometer** is an NHS app that allows users to understand influences behind their mood.

- **Grief: Support for Young People** is an app for young people aged 11-25 who need support because of bereavement.
- **Calm Harm** is an app that helps users manage urges to self-harm.

National Online Resources

- NHS Choices
www.nhs.uk/livewell/youth-mental-health/pages/Youth-mental-healthhelp.aspx
A site offering advice and help on mental health
- Childline- 0800 1111 www.childline.org.uk
Confidential support for children
- Kidscape: Parent's Advice Line 020 7823 5430 www.kidscape.org.uk
Advice on preventing bullying
- The Mix 0808 808 4994 www.themix.org.uk
24/7 support for under 25s. Talk via online, social or free confidential helpline
- Young Minds: Parents Helpline 0808 802 5544 <https://youngminds.org.uk/>
Resources and support for young people and parents
- Papyrus: National charity dedicated to the prevention of young suicide
www.papyrus-uk.org
0800 068 4141, 07786209697 or email pat@papyrus-uk.org