

GUIDE FOR YOUNG PEOPLE ON SOURCES OF HELP AND SUPPORT

Mental and Emotional Health

Trent PTS: You can self-refer for specific support here: 01332 265659. You can also do it online if you don't want to speak to anyone. <https://www.trentpts.co.uk/self-referral/> You only need to be 16 in Derbyshire to self-refer.

Young minds have a new messaging service: You can text YM to 85258. You'll be connected to a trained volunteer in less than 5 minutes, who will listen, help you think through how you're feeling, and aim to help you take the next steps towards feeling better.

Crisis Text Line 85258; you can text how you feel and will have a reply – it's like Samaritans by text.

Samaritans helpline: 116 123 (open 24 hours a day), email jo@samaritans.org. Samaritans volunteers listen in confidence to anyone in any type of emotional distress, without judging or telling people what to do.

Childline: Freephone 0800 1111 (24 hours) or go to www.childline.org.uk for online chat/message boards. The UK's free helpline for children and young people. It provides confidential counselling services for any child or young person with a problem.

Youth Access Signposting service: 0208 772 9900 or go to www.youthaccess.org.uk. Youth information, advice and counselling agencies. Search their directory on the website to find services in your area.

Text 'shout' to 85258 [Get help - free, 24/7, confidential mental health text support service | Shout 85258 \(giveusashout.org\)](https://www.giveusashout.org)

Harmless: <http://www.harmless.org.uk/> Nottingham-based organisation offering support and information.

The **NHS** has a list of apps you can download, which you can browse here: <https://www.nhs.uk/apps-library/>

The NHS meetoo app is a peer-to-peer support app, curated by counsellors. Find out how it works here:

<https://www.meetoo.help/how-meetoo-works>

[I Am Sober on the App Store \(apple.com\)](https://www.apple.com/uk/apps/ios/i-am-sober/)

Calm app <https://www.calm.com/breathe?from=/>

Calm Harm app - <https://calmharm.co.uk/>

Kooth - online support service available until 10pm at kooth.com

[Home - Is This OK?](#) chat bot and specialist advisers

[Derby & Derbyshire - Emotional Health & Wellbeing \(derbyandderbyshireemotionalhealthandwellbeing.uk\)](http://derbyandderbyshireemotionalhealthandwellbeing.uk)

Access to Counselling and Therapy

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You can also self-refer for NHS psychological therapy. I don't think there are age restrictions on this. Weblink is <https://www.nhs.uk/service-search/find-a-psychological-therapies-service>

Another source of support for under 18s in Derbyshire is the organisation 'Build Sound Minds'. Information about getting support from them can be found here: [Make a referral | Action for Children](#)

Safespeak 01332 349177 - run by Relate and offer services specifically aimed at young people (<https://www.derbyshirehealthcareft.nhs.uk/getting-help/community-support-near-you-infoclink/safe-speak-relate-derby-south-derbyshire>)

Bridge the Gap [Bridge the Gap | Child Mental Health | Derby | Emotional Literacy \(jwbridgethegap.com\)](#)

Derwent rural counselling [Home page - DRCS](#)

Alternatively, you can look for an independent therapist – good places to go for this are the BACP website or the UKCP website as all their people are professionally trained and supervised. The websites are: <https://www.bacp.co.uk/about-therapy/how-to-find-a-therapist> and [Home | UKCP \(psychotherapy.org.uk\)](#). On these websites you can look at therapist's geographical location and their areas of specialism, which can also be helpful.

Bereavement

Cruse Bereavement Care: Help for anyone experiencing bereavement to understand their grief and cope with their loss, with free and confidential support. Helpline: 0844 477 9400, open Monday to Friday 9.30am – 5pm. www.cruse.org.uk

Winston's Wish: Practical support for bereaved children, young people and their families, publications. Helpline: 0845 203 0405, open Monday to Friday 9am – 5pm. www.winstonswish.org

Grief Encounter: Support for bereaved children, young people and their families. Providing a telephone helpline: 0808 802 0111. Monday-Friday 9-5pm. Their services also include GriefTalk, instant chat support for children, young people and those caring for them. www.griefencounter.org.uk

Survivors of Bereavement by Suicide (SOBS): Support, information, help by email, support groups and a national helpline: 0300 111 5065, 9am-9pm Monday-Friday. www.uksobs.org

Papyrus Support for those impacted by suicide. Helpline: 0845 203 0405, open Monday to Friday 9am – 5pm. www.papyrus-uk.org

Sexual Violence

Samaritans www.samaritans.org or telephone 116 123

The National Association for People Abused in Childhood <https://napac.org.uk> or telephone 0808 801 0331

The Survivors Trust thesurvivorstrust.org or telephone 0808 801 0818

The NSPCC at www.nspcc.org.uk or call their national helpline on 0808 800 5000

The International Association of Internet Hotlines, INHOPE at <http://inhope.org>

Advice for pupils is available at:

www.thinkuknow.co.uk <https://www.childline.org.uk/explore/onlinesafety/pages sexting.aspx>

Advice for parents is available at:

www.nspcc.org.uk/preventing-abuse/keeping-childrensafe/sexting/ / <https://www.ceop.police.uk/Media-Centre/Press-releases/2009/What-does-sextingmean/>

A couple of counselling organisations locally that have been recommended by others are:

- Green Lane Counselling and Psychotherapy 07977712027 (<https://www.greenlanecounselling.co.uk>)

Safespeak 01332 349177 - run by Relate and offer services specifically aimed at young people (<https://www.derbyshirehealthcareft.nhs.uk/getting-help/community-support-near-you-infolink/safe-speak-relate-derby-south-derbyshire>)

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Harmful Sexual Behaviour Support Service

[Harmful Sexual Behaviour Support Service | SWGfL](#)