

MENTAL HEALTH AND WELL-BEING SUPPORT

MENTAL HEALTH

24/7 support lines

NHS Mental Health – Tel: 111

Samaritans - Tel: 116 123

Childline - 0800 1111 / www.childline.org.uk

KOOTH – Free online counselling for young people -

www.kooth.com

CAMHS (Core/NHS) - Rivermead, Belper (Amber Valley).

Tel: 01773 880554

CAMHS (Core/NHS) - Dale Bank View, Swadlincote. Tel:

01283 227077

CAMHS RISE (duty) - Tel: 0300 123 9164 (Monday to

Friday, 9am to 5pm, excluding bank holidays)

Urgent Care Team – Tel: 07901 330724 (10am – 10pm

for emergency mental health needs only) or

www.camhsnorthderbyshire.nhs.uk/urgent-care

CEOP Support (online safety) - www.ceop.police.uk

NSPCC - Tel: 0808 800 5000 / help@nspcc.org.uk

Anna Freud – Mental Health and wellbeing

a range of sources of support for students in relation to
mental health and wellbeing.

www.annafreud.org/resources/children-and-young-peoples-wellbeing/

FREE NHS COUNSELLING SERVICES AGE 16+

Derbyshire Talking Therapies - www.derby-talk.co.uk/getting-support/

ChatHealth – www.chathealth.nhs.uk

DRUG AND ALCOHOL SUPPORT SERVICES

Derbyshire Additions Advice service – 01246 206514

www.daas.uk.com

Young People Substance Abuse Support - 01773

303646

www.changegrowlive.org/service/derbyshire-young-people/info

DOMESTIC ABUSE – EMOTIONAL AND PHYSICAL

Elm Foundation - 0800 198668

www.theelmfoundation.org.uk/

Crossroads - www.crossroadsderbyshire.org/

National Domestic Abuse Helpline – 0808 2000 247

LOCAL FOODBANKS

www.ruralactionderbyshire.org.uk/foodbanks

CHILD AND ADULT SAFEGUARDING

www.derbyshire.gov.uk/social-health/worried-about-someone/worried-about-someone.aspx

Adults - 01629 533190

Children - 01629 533190

If you believe that any child is in danger, call 01629 533190 choosing the option for urgent child protection calls at any time. Or contact police by ringing 101

GENERAL

111

For non-urgent health assistance

101

Police – non-emergency assistance and advice

999

Emergency/life threatening events only
Police, Fire, Health