



Safeguarding and Pastoral Support



Mental Health Support

CAMHS (Core / NHS) – Chesterfield Royal Hospital

Tel: 01246 514412 / Urgent care Team 10am to 10pm
07901 330 724 (for emergency mental health needs only)

Derbyshire Mental health Support Service: Call 0800 028 0077

YoungMinds Crisis Messenger 24/7 crisis support across the UK if you are experiencing a mental health crisis.

Urgent Help text YM to 85258 www.youngminds.org.uk

Kooth – Free online counselling for young people

www.kooth.com/

Build Sound Minds

services.actionforchildren.org.uk/derbyshire/build-sound-minds

Papyrus (Prevention of Young Suicide)

Confidential advice and support for young people who feel suicidal. / www.papyrus-uk.org

Childline Freephone 24h helpline: 0800 1111

www.childline.org.uk

CALM (Campaign Against Living Miserably)

Call 0800 028 0077

Anna Freud- On My Mind: A range of sources of support for students in relation to mental health and well being.

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

SafeSpeak: Tel: 01332 349 177

You can talk to us about things like:

- problems at school –
- bullying,
- feeling like it is too difficult
- changes at home –
- when parents split up or someone dies
- falling out with friends or family
- anything that is worrying you.

safespeak.org.uk/counselling/over-11s/

SafeSpeak for parents:

safespeak.org.uk/counselling/parents/

Domestic Abuse – Emotional and physical

Elm Foundation - 01246 540464 / Free 08000 198 668 / www.theelmfoundation.org.uk

Derbyshire Domestic Abuse Helpline tel: 07534 617252. Emergency SMS - text: 999.

Sheffield Domestic Abuse Support: DACT 0808 808 2241 / www.sheffield.gov.uk/social-care/adults/domestic-abuse

SV2 (Supporting victims of sexual violence in Derbyshire) www.sv2.org.uk

Local Foodbank

Eckington Community pantry

www.rykneldhomes.org.uk/your-home/get-involved/in-the-community/eckington-community-pantry/

Find local Foodbanks to you

www.trusselltrust.org/get-help/find-a-foodbank/

Child and Adult Safeguarding

Adults: 01629 533190

Children: If you believe that any child is in danger

In Derbyshire: ring Call Derbyshire tel: 01629 533190 choosing the option for urgent child protection calls at any time.

In Sheffield: Ring the Sheffield Safeguarding Hub on 0114 273 4855

Or contact the police by ringing their call centre number tel: 101 (24 hours per day).

Where families and young people may need additional support & early help: Derbyshire Support for Families and early Help:

www.derbyshire.gov.uk/social-health/children-and-families/support-for-families/support-for-families-and-early-help.aspx

Drug and Alcohol Support

CGL: Tel 01773 303646 support for young people using alcohol or drugs

www.changegrowlive.org/young-peoples-service-derbyshire

Space 4 U: support for young people affected by other people using alcohol or drugs

www.actionforchildren.org.uk/in-your-area/services/early-years-and-family-support/space-4-u/

Live Life Better Derbyshire: for stop smoking support

www.livelifebetterderbyshire.org.uk/services/stopping-smoking/

Derbyshire alcohol support services Call: 01246 206514 / www.daas.uk.com

Derbyshire Recovery Service For Drug And Alcohol Addiction - 01246 206514

www.derbyshirerecoverypartnership.co.uk

Free NHS Counselling Services Age 16+

Trent PTS -Tel 01246 387488 / www.trentpts.co.uk

Talking MH -Tel 01246 274812
www.derbyshirehealthcareft.nhs.uk/contact-us

Relate (children and adults) – Tel 01246 231010
www.relatechesterfield.org.uk

ChatHealth - Health for Teens
www.healthforteens.co.uk/health/about-chathealth

General

111 For non-urgent health assistance
101 Police - Non-emergency assistance and advice
999 Emergency / life threatening events only, Police, Fire, Health.

Eckington School Support

Eckington School Website - Wellbeing section:
www.eckington.chorustrust.org/wellbeing

School support emails for students:

Wellbeing: wellbeing@chorustrust.org

Anti Bullying antibullying@chorustrust.org

Health and Wellbeing Support

ChatHealth (confidential help and advice via text message from a health professional) chathealth.nhs.uk/

Derbyshire School Nursing Team (information/advice)
www.derbyshirefamilyhealthservice.nhs.uk

Derby and Derbyshire Emotional Health and Wellbeing signposting website for Derby and Derbyshire; contains local and national links and resources)
derbyandderbyshireemotionalhealthandwellbeing.uk

Eating Disorders

BEAT - Student line: 0808 801 0811 - **Youth line:** 0808 801 0711 - **Helpline:** 0808 801 0677 and web chat.

First Steps Derbyshire (support for eating disorders)
firststepsed.co.uk/

Self Harm

Self-harm UK - Information and support around self-harm including an online support group.
www.selfharm.co.uk/

Bereavement Support

Hope Again helpline: Freephone 0808 808 1677 for young people from Cruse Bereavement Team.

Child Bereavement UK helpline: 0800 02 888 40

Email: helpline@childbereavementuk.org

Sexual Health

Sexual health services (advice, support, contraception and STI checks for young people in Derbyshire

www.yoursexualhealthmatters.org.uk

C Scheme (free contraception service)
www.yoursexualhealthmatters.org.uk/contraception/free-condoms/c-scheme

Young Carers

Derbyshire Carers Association
derbyshirecarers.co.uk/young-carers-service

Sheffield Young Carers Support

www.sheffieldyoungcarers.org.uk/help-for-families