

Build Sound Minds – Derby and Derbyshire



Services available to support children and young people's emotional and mental health

April 2020

Derby and Derbyshire have one joint Future in Mind Local Transformation Plan which sets out the priorities and actions around improving children and young people's emotional and mental health and can be found here:

<https://www.derbyandderbyshireccg.nhs.uk/resources/assets/attachment/full/0/8421.pdf>

Mental Health Support

0300 790 0596 – 9am- Midnight (7 days a week)

<https://www.derbyshirehealthcareft.nhs.uk/getting-help/coronavirus-covid-19/mental-health-support-line>

The mental health support line is for Derbyshire people of all ages who are experiencing increased mental health needs during the Coronavirus (COVID-19) pandemic. This includes:

People who are currently supported by Derbyshire Healthcare NHS Foundation Trust with their ongoing mental health needs. The carers of those currently being supported by Derbyshire Healthcare NHS Foundation Trust. Other Derbyshire residents who are experiencing increased distress or anxiety at this time.

0-19 years Public Health Nursing

The School Nurse team is responsible for delivering public health programmes to improve outcomes for children and young people 5-19. We work closely with statutory and voluntary agencies to ensure that the child's health needs are met and to ensure that each and every child and young person reaches their full potential.

We also offer advice and support around:

General health	Child development
Diet	Emotional health and wellbeing
Toileting support	Behaviour support
Oral health	Sexual health
Self-harm	Body image
Eating disorders	Drugs and alcohol
Smoking	

We can also refer and signpost children and young people to specialist services if required.

County: <http://www.derbyshireschoolnurses.org.uk/contact-us>

City: <http://www.derbyshirehealthcareft.nhs.uk/services/childrens-services/school-nurses/contacting-your-school-nurse/>

Cruse - Bereavement Support (Chesterfield, Derby & Burton)

8, Rose Hill Chesterfield S40 1LW Tel. 01246 550080	10 Vernon Street Derby DE1 1FR Tel. 01332 332098	Voluntary Service Centre Union Street Burton-on-Trent, DE14 1AA Tel. 01283 533362
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Support services offered:

One to One	Telephone
Home Visit	Bereavement Group (once 1:1 support completed)
Online Support	

Only self-referrals (Parents/Carers can refer for CYP but it is preferred that CYP is involved in the process).

Telephone and leave an answerphone message with name and phone number and referral secretary will get back to you.

CYP Self-referral online to:

hopeagain@cruse.org.uk

The Elm Foundation – Domestic Abuse Support

6 Fairfield Road
Chesterfield
S40 4TP
Tel. 01246 540464

The Elm Foundation is a specialist and experienced provider of Domestic Abuse services. We offer a range of services appropriate to individual need to help and support men, women and children who are affected by Domestic Abuse.

Support services offered:

Art therapy
Counselling
One to One support

Services for children under the threshold of CAMHS



Action for Children working across Derby & Derbyshire

Build Sound Minds North Derbyshire
45 Queen Street
Chesterfield
S40 4SF
Tel. 01246 277422

Build Sound Minds Derby City & South
Revive Healthy Living Centre
23 Roe Farm Lane
Derby
Tel. 01332 679379

Action for Children in partnership with Derbyshire Federation for Mental Health, will be providing a comprehensive early intervention offer to children and young people aged 0-17 who are experiencing mild to moderate mental health difficulties. This service will be provided across Derby and Derbyshire and is called '**Build Sound Minds Derby and Derbyshire**'. The offer will include one to one support, group work, telephone support and a digital offer. Our team is headed by our Children's Services Manager, Ruth Baldwin. If you have any queries or referrals, these can be sent to BuildSoundMindsDD@actionforchildren.org.uk

Action for Children Website: <https://www.actionforchildren.org.uk/>

Build Sound Minds Website: <https://minds.actionforchildren.org.uk/>

Targeted Intervention Community Triage (TICT)

The **Targeted Intervention Community Triage** has been set up as an interim service to direct referrals from professionals to a range of community providers offering:

- 1:1 targeted interventions to support children and young people across Derbyshire with low to moderate level mental health needs at this particularly difficult time.
- 1:1 therapeutic counselling
- 1:1 peer support sessions via multi-media platforms.

These free sessions can help children and young people experiencing depression, low mood, bereavement, stress, panic or anxiety and aim to enable them to cope better and prevent further escalation of issues.

Professionals can make a referral by completing the [online referral form](#). An experienced therapist will contact the child or young person or parent to complete a triage assessment and make individualised recommendations and appropriate onward referrals within 3 working days.

If you need further guidance about the TICT offer and process, please contact your local CAMHS Specialist Community Adviser.

None COVID-19 related referrals can continue to be made into the **Build Sound Minds** [service](#).

First Steps

Ingham House
16 Agard Street
Derby
DE1 1DZ
Tel. 01332 367571

First Steps lower level support for Eating disorders in South Derbyshire. **Is open to referrals.** Provides One to One peer support for under 19 year olds, facilitated Groups, online befriending for sufferers, parents and siblings

Various locations across Derbyshire

Referral can be made via the website:

www.firststepsed.co.uk/make-a-referral

Or by calling 01332 367571 or by email: info@firststepsed.co.uk

Improving Access to Psychological Therapy (IAPT) for 16 and 17 year olds

Providers - The patient can choose directly from any of these providers

- Insight Healthcare: 0300 555 5582
- Talking Mental Health: 0300 123 0542
- Trent PTS: 01332 265 659

More information on these services can be found here: <http://www.hardwickccg.nhs.uk/emotional-wellbeing/>

What do the services offer?

IAPT services are psychological therapy services tailored to people's needs & include talking therapies, group approaches, couples therapy & self-help support for people who experience anxiety & depression.

Choosing an IAPT Provider

There are currently three IAPT providers in Derbyshire. Patients aged 16 or over and who are registered with a Derbyshire GP practice can choose from any of these services. All three providers offer the National Institute for Health & Care Excellence NICE recommended therapies & approaches for common mental health problems such as anxiety & depression. You might choose the provider closest to your home, workplace or family. Alternatively, you may choose the service with the shortest waiting times, the widest choice of types of treatment or the highest recovery or reliable improvement scores.

Referrals: There are two ways to be referred

1. GP referral: where your GP refers you to the service following a consultation
2. Self-referral: where you access the service directly - usually by telephone, referral pack (with information about the service which may have been given to you by your GP) or online

If the referral is not accepted, you and your GP will be informed, or you may be referred to an alternative, more appropriate service.

If your referral is accepted, the provider will contact you to arrange an initial assessment.

Where will the person be supported? Various places including GP surgeries, community centres purpose-built offices or health clinics. Services are always trying to find new venues so locations may change. Services may be delivered face to face, by telephone or via web based video.

SV2 - Therapy for victims of sexual violence

Millfield House
Hall Street
Alfreton
Derbyshire
DE55 7BU
Advice Line: 01773 746115

SV2's therapy services are split into age groups. Children's Art Therapy is available for 0-13 year olds and is funded by Children in Need. Therapy for 14-17 year olds is funded by local Clinical Commissioning Groups.

Referral forms: <https://www.sv2.org.uk/referralfom.html>

For clients aged 16+ referrals can come from any source. Clients aged 15 and under - referrals need to come from parents. Advice Line Monday to Friday 8am to 5pm - Tel: 01773 746 115



Apps & websites

National Online Resources

-  **NHS Choices:** www.nhs.uk/livewell/youth-mental-health/pages/Youth-mental-health-help.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



Action for Children: Support Website

<https://www.parents.actionforchildren.org.uk/> We're on hand to support parents, when they need us. As coronavirus puts extra pressure on families, we're offering even more online parenting support. You can find advice and resources on coronavirus, explore our online advice sites below, or speak to one of our parenting coaches in a 1-to-1 live chat.

Useful Apps - Self-Harm

■ **Calm Harm** <http://www.stem4.org.uk/calmharm/>
App based around principles of dialectical behavioural therapy (DBT), developed by a clinical psychologist. Aims to help young people resist the urge to self-harm by using four task categories which reflect the reasons why many people choose to self-harm: distract, comfort, express or release. Won digital Innovation Award category at the National Positive Practice in Mental Health Awards 2016.

■ **Self-Heal** <http://www.self-healapp.co.uk/home/>
Uses Dialectical Behaviour Therapy principles to help users resist the urge to self-harm. Also uses an image library for distraction and to promote recovery.

■ **Alumnia** <http://alumnia.selfharm.co.uk/> Not an app, but a website: This online course by selfharm.co.uk for young people aged 14-18 helps them find other ways of dealing with the ups and downs of life.

Useful Apps: Depression and Anxiety

■ **BASE**
http://www.solentcamhs.nhs.uk/page_sa.asp?fldkey=247
Developed by Solent NHS Brookvale CAMHS service, this app helps children struggling with depression and anxiety track their emotions and pin point the times when they feel the most stressed or anxious in between CAMHS appointments. It may be useful for children to share their BASE activity with their healthcare professional

■ **Get Self Help**
www.getselfhelp.co.uk
This website offers free cognitive behavioural based self-help and therapy resource's, including worksheets and self-help MP3's

■ **Mind Shift**
<https://www.anxietybc.com/resources/mindshift-app>
Mind Shift is designed to help teens and young people cope with anxiety by teaching them how to relax, develop more helpful ways of thinking and identify active steps to help take charge of anxiety

■ **Mood kit**
<http://www.thriveport.com/products/moodkit/>
Approved by NHS Choices and listed as one of the Health line's Best Apps for Depression 2017, this app uses CBT principles to help people with depression and anxiety manage and track their moods. It has a "thought checker" to identify negative thoughts and an "activity's" tool to suggest wellbeing activities

■ **Mood Tools Depression Aid**
<http://www.moodtools.org/>
This app provides six evidence based tool to aid clinical depression and negative moods. It also contains info, self-tests, videos, a thought diary, activities, and a suicide safety planning feature to help keep the person safe when they are feeling distressed

Positive Penguins (for children)

<http://positivepenguins.com/>

Aimed at 8-12 year olds, this app helps children understand their feelings and challenge negative thinking. Four positive penguins take children on a journey to help them better understand the relationship between what they think and what they feel

SAM

<http://sam-app.org.uk/>

This is a self-help app for anxiety, which includes a personal toolbox, negative thought buster, colouring exercise, and information. Developed by researchers at University of west England and winner of The Best Anxiety App 2016 in the Health Line awards

Stop Panic and Anxiety Self-Help

<https://www.excelatlife.com/apps.htm#panicapp>

This is a self-help app for people experiencing panic attacks. It can provide immediate audio assistance during a panic attack and help prevent panic attacks. As it is targeted to specifically help panic attacks, it may not be suitable for all forms of anxiety. Listed as one of the best anxiety apps by Health Line 2017

Youper (for social anxiety)

<http://www.youper.co/start-now>

This evidence base app has been developed to help people with social anxiety to gain confidence in social situations. Using the principals of CBT, ACT (Acceptance Commitment Therapy) and MBSR (Mindfulness based Stress Reduction)it aims to help people understand their anxiety and then help to control it, and the challenge it using real life guided practice exercises.

The Essential Trail (4 programs) is free, then users pay to personalise their app experience according to their needs

Useful Apps: Suicide

Stay alive

http://www.prevent-suicide.org.uk/stay_alive_suicide_prevention_mobile_phone_application.html

This free app offers help and support to people with thought of suicide and people who are concerned about someone else. Key features include: Quick access to UK national crisis support helplines, a mini-safety plan, a Life Box to which the user can upload photos from their phone giving them reminders and reasons to stay alive, strategies for staying safe, tips on how to help a person thinking about suicide, and suicide bereavement resources.

Child Bereavement UK

https://childbereavementuk.org/our_app/

This app, developed by the charity Child Bereavement UK and a group of young people who have experienced bereavement, aims to help young people who have lost somebody close to them feel less alone, and provide information on where they can get more support. It is not exclusively, for young people bereaved by suicide, but may be helpful to them and also help, as bereavement is a suicide risk factor.

Useful Apps: Eating Disorders

Recovery Record Eating Disorders Management App

<https://www.recoveryrecord.com/>

Go-to app for all Eating Disorder recovery for all eating Disorders, includes meal logging, meal planning, coping skills, rewards for recovery wins, social and secure can be used in conjunction with treatment teams. Has great reviews

Rise up Recovery Warriors

<https://www.recoverywarriors.com/app/>

Eating Disorder recovery tools including meal logging, behaviour tracking, emotions and thought tracking. Also has information and activity's to do with body positivity and body image. Mindfulness and relationships. Can be

used in conjunction with recovery teams. Featured in Forbes magazine feature "Technologies Innovation Mental Health in 2016"

Useful Apps: Psychosis

EMoods Bipolar Mood Tracker

<http://emoodtracker.com/>

An app to help people keep a track of their moods, medication, sleep and other common symptoms that come with Bipolar Disorder.

Actissist (active assistant for psychological treatment)

<http://research.bmh.manchester.ac.uk/actissist>

One to watch, an app under development by the University of Manchester, which aims to deliver CBT based strategies via mobile phones for people experiencing first episodes of psychosis.

Useful Apps (for all mental health)

Dragon in the Attic (for children)

<http://dragonapp.me/play>

This app, developed by GPs and a group of year 6 children in Wakefield NHS trust, aims to teach 8-12 year olds how to make healthy choices for their mind and body. It uses a game where children are given a pet dragon to look after and build confidence and educate children about important issues such as mental health and bullying

Emoodji (for university students)

<http://www.emoodji.co.uk/> Emoodji by Mind is a free app for the ups and downs of university life, from exam stress, home sickness to the joys of final exams! Students can take selfies, add emoji's to reflect how their feeling and send to their friends, and track there moods over time

For Me

<https://www.childline.org.uk/toolbox/for-me/>

This app, created by ChildLine and with the input of 4 teenagers, includes all of ChildLine's services in an app, direct 121 access to a counsellor, videos, advice and chat on a range of issues that affect young people. It is safe and discreet, and can only be accessed by a pin code

Headspace

www.headspace.com

This App helps teach mindfulness meditation principles to improve wellbeing

Kooth www.kooth.com

A digital counselling support service which accepts self-referrals. Kooth.com is an award winning and innovative online counselling and support service which is now available to all young people in across Derby and Derbyshire. It is for people aged 11-18 years and to those who are leaving the care system up to 25. It is a safe, confidential and anonymous way for young people to access emotional wellbeing and early intervention mental health support. Fully trained and qualified counsellors and emotional wellbeing practitioners are available until 10pm each night, 365 days per year, providing a much needed out-of-hours service for emotional support in an accessible way.










Qwell <https://www.qwell.io/>

XenZone is a provider of online mental health services for children, young people and adults. Qwell, from XenZone, is an online counselling and emotional well-being platform accessible through mobile, tablet and desktop and free at the point of need.

Moodometer

<http://myhealthapps.net/app/details/363/moodometer>

Developed by 2Gether NHS Foundation Trust, and approved by NHS Choices, this app is an interactive mood diary for monitoring and understanding emotional wellbeing. It involves tips and guidance on how to influence moods

-  **Moodpanda**
www.moodpanda.com
Mood Panda is an app based platform that allows people to track their moods
-  **Moodscope (age 14 and over)**
www.moodscope.com
Web based mood tracker and management platform
-  **Stress Heads**
<http://www.themix.org.uk/apps-and-tools/stressheads>
Developed by city youth charity “The Mix” and approved by NHS Choices website, this app aims to help 16-25 year olds identify and cope with stress. It includes games to help distract people from immediate stress and monitor causes of stress. Also available as an online game
-  **Smiling Mind**
<https://smilingmind.com.au/>
Created by Psychologist and educators in Australia, this is a modern meditation app for young people. It uses mindfulness to boost calmness, contentment and clarity
-  **StepFinder**
<http://stepfinder.org/>
Designed by charity group “The Mix”, StepFinder uses mobile location services to pin-point the nearest local support service, from mental health to contraception, Homelessness and Bereavement- and shows the young person how to get there using their phone. It also shows tips and recommendations from others who have already used the service, so young people know what to expect on their first visit
-  **SuperBetter**
<https://www.superbetter.com/>
This evidence based app has been created to help young people build resilience to become stronger, happier and healthier. Activities use gaming techniques to help the young person tackle tough challenges, change what is not working, and achieve their goal
-  **Mind** www.mind.org.uk
We provide advice and support to empower anyone experiencing a mental health problem.
-  **CAMHS** <https://www.derbyshirehealthcareft.nhs.uk/services/childrens-mental-health-services-camhs-derby-and-southern-derbyshire>
-  **Derby and Derbyshire Emotional Wellbeing** <https://derbyandderbyshireemotionalhealthandwellbeing.uk/>