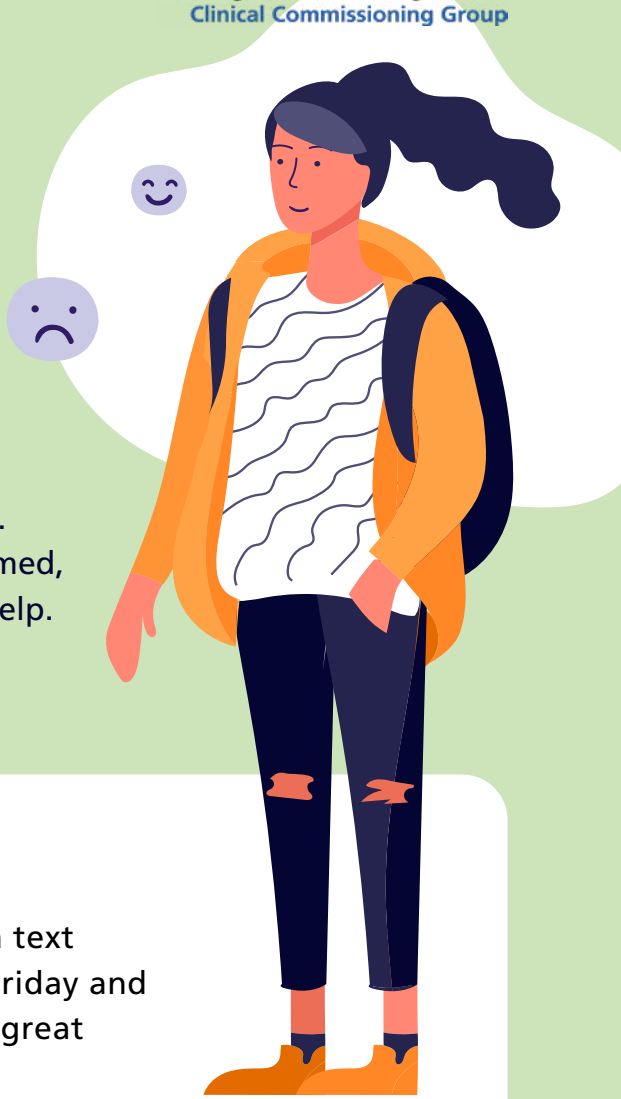
Joined Up Care Derbyshire

NHS
Derby and Derbyshire
Clinical Commissioning Group

MENTAL HEALTH SUPPORT IN DERBY AND DERBYSHIRE FOR CHILDREN, YOUNG PEOPLE, PARENTS AND CARERS



We understand that things may be tough at the moment.
If you find yourself feeling anxious, stressed or overwhelmed, we want you to know support is ready and available to help.

Kooth and Qwell

With friendly counsellors available to speak to via a text messaging service from 12 noon-10pm Monday to Friday and 6pm-10pm on weekends, Kooth and Qwell provide great online counselling service options

kooth

- Available for all 11-25 year olds in Derby and Derbyshire
- Free, anonymous and confidential
- Participate in forum discussions and read articles written by other young people

Please visit Kooth.com to sign up

Qwell

- Available for all parents and carers in Derby and Derbyshire whose child is under 18 years old
- Free, anonymous and confidential
- Participate in forum discussions and read articles written by other parents and carers

Please visit www.qwell.io/ to sign up

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NHS Derby and Derbyshire Clinical Commissioning Group



Emotional Health and Wellbeing Website

The new Derby and Derbyshire Emotional Health and Wellbeing website has been set up to support the mental health and wellbeing of children, young people, parents/ carers and professionals in Derby and Derbyshire. On the website you can find a range of information including local and national support, training and resources.

- Get access to local 1 to 1 and group therapy support
- Regularly updated information about local offers in your area to support mental health and wellbeing
- Information to support parents, carers and professionals
- Strategies and guidance to maintaining emotional wellbeing at home

For more information, please visit:
https://derbyandderbyshireemotionalhealthandwellbeing.uk/

Mental Health Support Line

A new mental health support line run by the NHS and operating seven days a week between the hours of 9am and midnight (24/7 coming soon) has been set up to provide access to support for people of all ages in Derby and Derbyshire.

Please call **0800 028 0077** for free where mental health professionals will be on hand to help.



- Run by experienced mental health professionals who are equipped to provide mental health support and advice.
- Support for people experiencing immediate distress or to their families or carers
- A professional point of contact for health and social care partners to support any individuals in mental distress.

For more information, please visit:
hiips://www.derbyshirehealthcareft.nhs.uk/support-line