

## Mental Health and Wellbeing Support for Children, Young People, Parents and Carers during the Covid-19 Pandemic

We know that the closure of schools due to the Covid-19 pandemic has the potential to be an anxious and uncertain time for children, young people, parents and carers across Derby and Derbyshire. We are pleased to be able to offer the following services to support the whole family. Please share these with your colleagues.

### Mental Health Support Line

A new mental health support line run by Derbyshire Healthcare Foundation Trust and operating seven days a week between the hours of 9am and midnight has been set up to provide access to support for people of all ages in Derby and Derbyshire. Please call number 0300 790 0596 where mental health professionals will be on hand to advise, there may be a low cost charge for this. For more information, please visit:

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

### Childrens Adolescent Mental Health Services (CAMHS)

There are two main CAMHS services in Derby and Derbyshire; one is run by Chesterfield Royal Hospital in North Derbyshire and the other by Derbyshire Healthcare Foundation Trust in Derby City and South Derbyshire.

#### North Derbyshire CAMHS Service:

Website: [www.camhsnorthderbyshire.nhs.uk](http://www.camhsnorthderbyshire.nhs.uk)

How to refer: <https://www.camhsnorthderbyshire.nhs.uk/how-to-refer>

#### South Derbyshire and Derby City CAMHS Service:

Website: [www.derbyshirehealthcareft.nhs.uk/services/childrens-mental-health-services-camhs-derby-and-southern-derbyshire](http://www.derbyshirehealthcareft.nhs.uk/services/childrens-mental-health-services-camhs-derby-and-southern-derbyshire)

How to refer: <https://www.derbyshirehealthcareft.nhs.uk/services/childrens-mental-health-services-camhs-derby-and-southern-derbyshire/im-professional/single-point-access-referral-form>

### CAMHS Specialist Community Advisors:

Specialist Community Advisors (SCAs) provide consultations to all professionals from statutory, community and voluntary organisations about the Mental Health and well-being of child or young person. Each locality within Derbyshire has a dedicated Specialist Community Adviser. See below for their contact details.

AREA	NAME	Tel No	Email address
Erewash North & South	Amanda Selby, Clinical Lead	07768 671397	<a href="mailto:amanda.selby1@nhs.net">amanda.selby1@nhs.net</a>
Southern Derbyshire	Dawn Wain	07717 782268	<a href="mailto:Dawn.wain@nhs.net">Dawn.wain@nhs.net</a>
Amber Valley & South Dales	Rachael McIlwrick	07917 243130	<a href="mailto:Rachael.mcilwrick@nhs.net">Rachael.mcilwrick@nhs.net</a>
Derby City locality 1,2 & 5	Sonia Simpson-Brown	07833 927241	<a href="mailto:Sonia.simpson-brown@nhs.net">Sonia.simpson-brown@nhs.net</a>
Erewash and Southern Derbyshire	Angela Jordan	07787 274992	<a href="mailto:angela.jordan6@nhs.net">angela.jordan6@nhs.net</a>
Amber Valley and City locality 3&4	Miriam Krepa	07717 538764	<a href="mailto:Miriam.krepa@nhs.net">Miriam.krepa@nhs.net</a>
High Peak and North Dales	Sam Jones, Team Lead North	07900 243 578	<a href="mailto:samantha.jones27@nhs.net">samantha.jones27@nhs.net</a>
Chesterfield South & Central:	Liz Stephens	07795 354 988	<a href="mailto:e.stephens1@nhs.net">e.stephens1@nhs.net</a>
Chesterfield Nth, Staveley & Brimington	Natalya Van Steenberg	07766 697 940	<a href="mailto:natalya.vansteenbergen@nhs.net">natalya.vansteenbergen@nhs.net</a>
Bolsover and North East District:	Sophie Tipple	07825 995 967	<a href="mailto:sophie.tipple@nhs.net">sophie.tipple@nhs.net</a>
Dronfield, Eckington and Clowne:	Marie North	07899 962 773	<a href="mailto:marienorth@nhs.net">marienorth@nhs.net</a>

## Targeted Intervention Community Triage (TICT) (Low to Moderate Mental Health Needs Support)

An interim service has been set up as a result of Covid-19 to direct referrals to a range of community providers offering additional 1:1 targeted interventions to support children and young people across Derby & Derbyshire with low to moderate level mental health needs at this particularly difficult time.

The interventions, that include 1:1 therapeutic counselling and 1:1 peer support sessions via multi-media platforms, can help children and young people who are experiencing depression, low mood, bereavement, stress, panic or anxiety and aim to enable CYP to cope better and prevent further escalation of issues.

To make a referral please complete the [online referral form](#). An experienced therapist will contact the child, young person or parent to complete a triage assessment and make individualised recommendations and appropriate onward referrals

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

Non COVID-19 related referrals can continue to be made into the **Build Sound Minds service**.

## Self Help for CYP/Parents/Carers

### Derby and Derbyshire Emotional Health & Wellbeing Website:

The Derby and Derbyshire Emotional Health and Wellbeing website is a new website that has been set up and contributed to by key organisations in the area. The website provides a one-stop-shop to find local information about emotional health and wellbeing support and other related information that is available.

Visit: [www.derbyandderbyshireemotionalhealthandwellbeing.uk](http://www.derbyandderbyshireemotionalhealthandwellbeing.uk)

### Online Digital Counselling Support

#### Children and Young People



The **Kooth** service provides free, online mental health and wellbeing support from accredited counsellors for 11-25 year olds in Derby and Derbyshire from 12 noon until 10pm on weekdays and 6pm-10pm on weekends. Additionally, the service will provide 24/7 access to online forums where concerns and relevant articles can be shared and discussed. To access Kooth, please visit [www.kooth.com](http://www.kooth.com) and create a free account.

#### Parents and Carers



The **Qwell** service provides free, online mental health and wellbeing support from 12 noon-10pm on weekdays and 6pm-10pm on weekends from accredited counsellors for parents and carers in Derby and Derbyshire whose children are under the age of 18. Additionally, the service provides 24/7 access to online forums where concerns and relevant articles can be shared and discussed.

To access Qwell, please visit [www.qwell.io](http://www.qwell.io) and create a free account.