

# Local & National Support

*Signposting options for supporting children & families*

## Addiction

### Local Support:

#### **Derbyshire Recovery and Peer Support Service**

*Local helpline set up for peer support around addiction and recovery*

01773 303 646 (Monday-Friday 9am-5pm)

[derbyshire@cgl.org.uk](mailto:derbyshire@cgl.org.uk).

#### **Change Grow Live**

*Supporting young people who are misusing drugs or alcohol and are seeking help*

<https://changegrowlive.org/young-peoples-service-derbyshire/info>

#### **Action for Children Space 4 U**

*Supporting children who are seriously affected by someone else's substance misuse*

<https://services.actionforchildren.org.uk/derbyshire/space-4-u/>

### National Support:

#### **Talk to Frank**

*Advice, information and support around drugs and addiction*

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

#### **Gamcare**

*Helpline for harmful gamblers and affected others to work through strategies to reduce gambling*

0808 8020 133

#### **Gambling Therapy**

*Practical online support for gambling addiction*

<https://www.gamblingtherapy.org/>

## Children & Young People

### Local Support:

#### **Carers in Derbyshire**

*Support for local young carers*

<https://www.carersinderbyshire.org.uk/young-carers>

#### **Build Sound Minds**

*Early intervention support for young people in Derbyshire*

<https://services.actionforchildren.org.uk/derbyshire/build-sound-minds/>

01629 533 190

### National Support:

#### **Barnardo's**

*Children's charity protecting vulnerable children*

[www.barnardos.org.uk](http://www.barnardos.org.uk)

#### **Barnardo's – See Hear Respond**

*Service created to help children and young people who are experiencing harm and increased adversity during coronavirus*

<https://www.barnardos.org.uk/see-hear-respond>

0800 157 7015

#### **Action for Children**

*Support and protection for children around emotional wellbeing, adoption and fostering*

[www.actionforchildren.org.uk](http://www.actionforchildren.org.uk)

#### **Papyrus**

*Support for young people experiencing suicidal thoughts and anyone worried about a young person at risk of suicide*

<https://www.papyrus-uk.org/>

## Domestic Abuse

### Local Support:

#### **The Elm Foundation**

*Support for all victims of domestic abuse*

<https://www.theelmfoundation.org.uk/>

08000 198 668 or 07534 617 252

#### **Salcare**

*Support around domestic abuse court/proceedings and support for LGBTQ+ domestic abuse*

01773 765 899

[mckenziefriend@salcare.org.uk](mailto:mckenziefriend@salcare.org.uk)

#### **Galop**

*Domestic Violence support for LGBT+ people*

<https://www.galop.org.uk/>

help@galop.org.uk

### National Support:

#### **National Domestic Abuse Helpline**

*Guidance and support for potential victims, as well as those who are worried about loved ones*

0808 200 0247

#### **Women's Aid**

*Creating safety for women and children suffering domestic abuse*

<https://www.womensaid.org.uk/>

#### **The Men's Advice Line**

*A confidential helpline for male victims of domestic abuse and those supporting them*

0808 801 0327

#### **Respect**

*Support for adults and children who are perpetrators of domestic and familial violence*

0808 8024 040

#### **Bright Sky app**

*Mobile phone app, icon appears as a weather app but includes helpful info around abusive relationships*

## Financial

### Local Support:

#### **Derbyshire Discretionary Fund**

*Providing grants or emergency cash payments in urgent financial crisis or following disaster*  
01629 533 399

#### **Warmer Derby & Derbyshire**

*Advice and support around affording energy costs*

<https://www.ruralactionderbyshire.org.uk/warmer-derby-derbyshire>

0800 677 1332

#### **Money Sorted in D2N2**

*Support and interventions around financial difficulty in order to improve financial wellbeing*

0115 9085134

info@moneysortedinn2d2.org

#### **Release**

*Support during crisis with finances and budgeting*

[www.releaseonline.org.uk](http://www.releaseonline.org.uk)

Calls: 01773 306 289 Text: 07932 088 331

info@releaseonline.org.uk

### National Support:

#### **Citizens Advice**

*Advice on benefits, debt, housing, employment, consumer, legal, relationships, and immigration*

<http://www.nedcab.org.uk>

0808 250 5702 (Monday-Friday 10am-2pm)

#### **Money Advice Service**

*Guidance and help with how to better manage money*

0800 138 7777

#### **Step Change**

*Expert debt advice and fee-free debt management to help tackle debts*

0800 138 1111

## Housing

### Local Support:

#### **Derbyshire County Council**

*Local council support around housing and issues related to housing*

<https://www.derbyshire.gov.uk/social-health/adult-care-and-wellbeing/accommodation-and-housing/housing-support/housing-related-support.aspx>

#### **Rykneld Homes**

*Improving local housing circumstances and communities*

[www.rykneldholmes.org.uk](http://www.rykneldholmes.org.uk)

01246 217670

contactus@rykneldhomes.org.uk

### National Support:

#### **Centrepoint**

*Support for young people impacted by homelessness*

[https://centrepoint.org.uk/turningpoint?utm\\_source=bing&utm\\_medium=cpc&utm\\_campaign=ARMPPCSAR20&gclid=ca1ed318e89c1f787f14b32b4b0ac12f&gclidsrc=3p.ds&](https://centrepoint.org.uk/turningpoint?utm_source=bing&utm_medium=cpc&utm_campaign=ARMPPCSAR20&gclid=ca1ed318e89c1f787f14b32b4b0ac12f&gclidsrc=3p.ds&)

#### **Shelter**

*Support and information around homelessness*

<https://england.shelter.org.uk/>

## LGBTQ+

### Local Support:

#### **Derbyshire LGBT+**

*Support and resources for LGBTQ+ people in Derbyshire*

[www.derbyshirelgbt.org.uk](http://www.derbyshirelgbt.org.uk)

01332 207 704

info@derbyshirelgbt.org.uk

#### **SAYiT**

*Resources and support for LGBTQ+ young people and their parents*

<https://sayit.org.uk/>

0114 241 2728

### National Support:

#### **Mermaids**

*Support for trans and gender diverse young people and children*

<https://mermaidsuk.org.uk/>

0808 801 0400

#### **LGBT Foundation**

*Advice, support and information for anybody identifying as LGBTQ+*

<https://lgbt.foundation/>

0345 330 3030

#### **Mind Out**

*LGBTQ+ mental health service offering online support*

<https://mindout.org.uk/>

## Mental Health

### Local Support:

#### **Derbyshire Community Response Unit**

*Community response across the county to support vulnerable residents through coronavirus*

01629 535 091 (Monday-Friday 9am-5pm)

#### **Derby and Derbyshire Emotional Health and Wellbeing**

*Online toolkits for professionals, parents, carers and children/young people*

<https://derbyandderbyshireemotionalhealthandwellbeing.uk/>

#### **Derbyshire Recovery and Peer Support Service**

*Mental health support helping people manage their mental wellbeing independently*

Telephone: 01773 734 989

#### **Trent Psychological Therapies Service**

*IAPT service available to any individual with a Derbyshire GP*

01332 265 659

[jhopkins@trentpts.co.uk](mailto:jhopkins@trentpts.co.uk)

#### **Relate Derbyshire**

*Relationship services for adult relationships, sex, family, living well with autism, children and young people*

01332 349 177 or 07741 193 484

[info@relatederby.org.uk](mailto:info@relatederby.org.uk)

#### **Derbyshire LGBT+**

*Mental health support for LGBT+ people in Derbyshire, as well as advice around sexual health*

<https://www.derbyshirelgbt.org.uk/chesterfield-centre/>

01332 207704

[info@derbyshirelgbt.org.uk](mailto:info@derbyshirelgbt.org.uk)

#### **Cruse Bereavement**

*Support around bereavement, services available for young people as well as parents*

<https://www.cruse.org.uk/get-help/for-parents>

01246 550 080

#### **Vita Minds**

*Talking therapies for depression, generalised anxiety disorder and other mental health difficulties*

<https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/derby-and-derbyshire/>

0333 0153 496

#### **Tomorrow Project**

*Suicide postvention project supporting individuals and communities affected by suicide*

[www.tomorrowproject.org.uk](http://www.tomorrowproject.org.uk)

01246541935

### National Support:

#### **Every Mind Matters**

*National platform for improving mental health, providing resources around self-help for wellbeing*

<https://www.nhs.uk/oneyou/every-mind-matters/>

#### **Qwell**

*Online mental health and wellbeing resource for parents and carers of young people under the age of 18*

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

**Samaritans**

*Free helpline for anybody needing to talk about their own mental health*

116 123

**Men Talk**

*Raising awareness, removing stigma and providing support around male mental health and suicide*

07976 315 919

mentalkmeeting@gmail.com

**Kooth**

*Online counselling for children and young people*

[www.kooth.com](http://www.kooth.com)

**Winston's Wish**

*Supports grieving and bereaved children and parents*

<https://www.winstonswish.org/>

**The Mix**

*Essential support for under 25's, including mental health, housing and relationships*

<https://www.themix.org.uk/>

**Chat Health**

*Confidential help and advice from health professionals*

07507327754 (Text service for parents/carers of child under 20 seeking advice)

07507327104 (Text service for children aged 11-19 seeking advice)

**Suicide Bereavement**

*Support and resources for those bereaved or affected by suicide*

<https://suicidebereavementuk.com>

01706 827 359

admin@suicidebereavementuk.com



## Parenting

### Local Support:

#### Derbyshire Children's Centres

<https://www.derbyshire.gov.uk/education/early-years-childcare/childrens-centres/childrenscentres.aspx>

Children's Centre Co-ordinator: Julie Stanley

Alice's View Children's Centre 01629 533266

Bolsover Children's Centre 01629 533851

Creswell Children's Centre 01629 537396

Eckington Children's Centre 01629 537169

Shirebrook Children's Centre 01629 537398

#### Junction Arts

*Working with people to improve well-being, inspire change and build better communities*

<https://junctionarts.org/community-projects/voyage-of-discovery/>

01246 209 219

#### Parenting Additional Needs

*Peer Support for parents of children with additional needs*

<https://parentingadditionalneeds.org.uk/>

07973 616 043

parentingadditionalneeds@yahoo.co.uk

### National Support:

#### Young Minds

<https://youngminds.org.uk/>

0808 802 5544 (Monday-Friday 9.30am-4pm Parents Helpline)

#### Parent Zone

*We offer information and support in understanding the digital world, to help raise resilient children.*

<https://parentzone.org.uk/>

#### The Breastfeeding Network

*Support and information around breastfeeding*

<https://www.breastfeedingnetwork.org.uk/>

#### Anna Freud National Centre for Children and Families

*Collaborating with communities and professionals to support children and their families*

<https://www.annafreud.org/coronavirus-support/support-for-early-years/>

<https://www.annafreud.org/coronavirus-support/support-for-schools-and-colleges/>

#### Tiny Happy People

*Resources to aid development and communication skills in young children*

<https://www.bbc.co.uk/tiny-happy-people>

#### NSPCC

*Support for children and parents around bullying and mental health*

0808 800 5000

## Physical Wellbeing

### Local Support:

#### **Active Derbyshire**

*Local organisation promoting physical activity across the area*

<https://www.activederbyshire.org.uk>

info@activederbyshire.org.uk

### National Support:

#### **Undefeatable**

*Campaign supporting those with long term health conditions to be more active*

<https://weareundefeatable.co.uk>

## Safeguarding

### Local Support:

#### Starting Point

Contact and referral service for children's services

01629 537 484 (general duty)

0114 273 4855 (referrals)

#### Safer Derbyshire

Creating community safety in Derbyshire, including work around anti-social behaviour

<https://www.saferderbyshire.gov.uk/home.aspx>

<https://www.saferderbyshire.gov.uk/what-we-do/anti-social-behaviour/anti-social-behaviour.aspx>

#### Safe and Sound

Supporting vulnerable young people at risk of exploitation in Derbyshire through live Facebook chats

[www.facebook.com/safeandsoundgroup](http://www.facebook.com/safeandsoundgroup) (Monday-Friday 10-11am and 3-4pm)

### National Support:

#### 999 55

'Silent Calls' to the police, calling 999 then coughing, tapping on screen, or typing 55 to indicate you are experiencing violence and are unable to speak

#### Hollie Guard app

Mobile phone app acts as personal safety device, sending location info etc to identified emergency contacts

#### Stop Hate Crime

Reporting of any awareness of hate crimes being committed

0800 138 1625

#### Childline

If you are worried about a child and their wellbeing/safety

0800 1111

#### Childnet International

Resources for children, parents, carers and professionals around keeping young people safe online

<https://www.childnet.com/parents-and-carers>

<https://www.childnet.com/parents-and-carers/hot-topics/keepingyoung-children-safe-online>

<https://www.childnet.com/parents-and-carers/hot-topics>

<https://parentzone.org.uk/article/disney-parents%E2%80%99-guidewhat-it-and-it-safe-kids>

## Sexual Abuse

### Local Support:

#### **Sail**

*Support for adults who have had experiences of sexual abuse and incest, including in childhood*

<https://www.sailderbyshire.org.uk/>

07522 561 397 / 07921 388 650 (helplines)

01246 559 889 (referrals)

#### **SV2 Supporting Victims of Sexual Violence**

*Support for child and adult victims of sexual abuse and rape, whether recent or historic*

<https://www.sv2.org.uk/>

01773 746 115

### National Support:

#### **The Survivor's Trust**

*Specialist rape and sexual abuse support, connecting survivors of sexual abuse*

[www.thesurvivorstrust.org](http://www.thesurvivorstrust.org)