**Children’s & Young People Mental Health & Wellbeing Services**

Joined Up Care Derbyshire are working with a range of organisations who have come together to offer mental health support to Children and Young People during the Covid- 19 pandemic.

**For urgent advice** or referral call the **Mental Health Helpline** on 0300 790 0596 between the hours of 9am and midnight, seven days a week where specialist mental health professionals will be there to help. Alternatively visit: <https://www.derbyshirehealthcareft.nhs.uk/getting-help/coronavirus-covid-19/mental-health-support-line>

**Specialist CAMHS**

Please see the local CAMHS websites for further information about how to access specialist help or make a referral. This includes information about urgent concerns.

**North Derbyshire**: [www.camhsnorthderbyshire.nhs.uk](http://www.camhsnorthderbyshire.nhs.uk)

**South and City**: [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)

Both teams have Duty professionals available during working hours to answer any queries about potential referrals or if more immediate support is required.

**CAMHS Specialist Community Advisors**: 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 | [amanda.selby1@nhs.net](mailto:amanda.selby1@nhs.net) |
| Southern Derbyshire | Dawn Wain | 07717 782268 | [Dawn.wain@nhs.net](mailto:Dawn.wain@nhs.net) |
| Amber Valley & South Dales | Rachael McIlwrick | 07917 243130 | [Rachael.mcilwrick@nhs.net](mailto:Rachael.mcilwrick@nhs.net) |
| Derby City locality 1,2 & 5 | Sonia Simpson-Brown | 07833 927241 | [Sonia.simpson-brown@nhs.net](mailto:Sonia.simpson-brown@nhs.net) |
| Erewash and Southern Derbyshire | Angela Jordan | 07787 274992 | [angela.jordan6@nhs.net](mailto:angela.jordan6@nhs.net) |
| Amber Valley and City locality 3&4 | Miriam Krepa | 07717 538764 | [Miriam.krepa@nhs.net](mailto:Miriam.krepa@nhs.net) |
| High Peak and North Dales | Sam Jones, Team   Lead North | 07900 243 578 | [samantha.jones27@nhs.net](mailto:samantha.jones27@nhs.net) |
| Chesterfield South & Central: | Liz Stephens | 07795 354 988 | [e.stephens1@nhs.net](mailto:e.stephens1@nhs.net) |
| Chesterfield Nth, Staveley & Brimington | Natalya Van Steenbergen | 07766 697 940 | [natalya.vansteenbergen@nhs.net](mailto:natalya.vansteenbergen@nhs.net) |
| Bolsover and North East District: | Sophie Tipple | 07825 995 967 | [sophie.tipple@nhs.net](mailto:sophie.tipple@nhs.net) |
| Dronfield, Eckington and Clowne: | Marie North | 07899 962 773 | [marienorth@nhs.net](mailto:marienorth@nhs.net) |

The **Targeted Intervention Community Triage (TICT)** has been set up as an interim service to direct referrals to a range of community providers offering additional 1:1 targeted interventions to support CYP across Derbyshire with low to moderate level mental health needs at this particularly difficult time. Targeted Interventions including 1:1 therapeutic counselling and 1:1 peer support sessions via multi-media platforms can help children and young people 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.](https://forms.office.com/FormsPro/Pages/ResponsePage.aspx?id=91QOEyEIakuiT4Z2HWniwuQEqMmt3PJHptnhTj-WC-xUNzMwWVhZMU5GVkg1MVg1TjhHUDk0UjA2Ny4u&vt=130e54f7-0821-4b6a-a24f-86761d69e2c2_78a72f00-0cf3-434a-ac44-d9b7527ce17c_Hash7_zRkoAuh72nL5Cdvd4%2bxXSbJ%2bQ7KAK3SUZTgxMKADZNo%3d) An experienced therapist will contact the CYP / 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.

None COVID-19 related referrals can continue to be made into the **Build Sound Minds** [service](https://services.actionforchildren.org.uk/derbyshire/build-sound-minds/make-a-referral/).

**For self-help**, direct children, young people, their parents and carers to and local information about support available via the Derby and Derbyshire Emotional Health & Wellbeing Website: [www.derbyandderbyshireemotionalhealthandwellbeing.uk](http://www.derbyandderbyshireemotionalhealthandwellbeing.uk)

**Kooth and Qwell**Free online counselling offer to support mental health and wellbeing, without the need for a referral, is available via the Kooth and Qwell services

* [**Kooth**](http://www.kooth.com/) is for children and young people aged 11 to 18 years, and up to 25 years for children in care
* [**Qwell**](http://www.qwell.io/) service is for parents and carers whose children are under 18 years.

The services provide access to text-based counselling support from 12 noon until 10pm on weekdays and 6pm until 10pm on weekends, and 24/7 access to online forums where concerns and relevant articles can be shared and discussed.