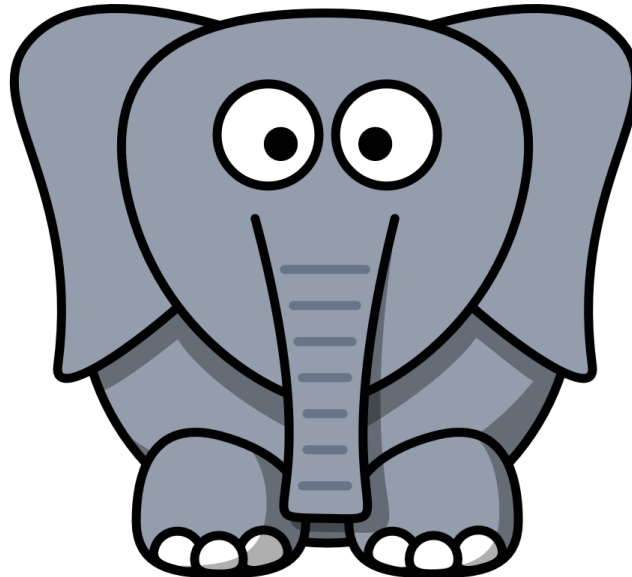




## Don't forget - you are not alone!



### Information to support parents/carers and young people over the summer holidays.

**The Changing Lives Service** can offer advice/support around low mood, anxiety, sleep problems, worries, managing stress and change. This is for 0-18 years and over 25 years if the young person has SEND or is a care leaver.

**The number is Call 0300 303 4663.**

**The School Nursing Service** will be available to offer advice to parents/carers and young people through their SPOA (Single Point of Access) which is their dedicated helpline. This is for ages 0-19 years.

**The number is 01246-515100.**

### **Mental Health Support Line**

Mental health support is now available to Derbyshire residents of all ages through a new mental health support line.

Call **0800 028 0077** between the hours of 9am and midnight, seven days a week.

**Kooth** is a free, safe and anonymous online support and counselling service for young people. The whole team are made up of friendly and experienced individuals who want to help. To sign up, please visit: [www.kooth.com/](http://www.kooth.com/)

**Qwell** is a free online Mental Health and Wellbeing resource for parents and carers of young people under the age of 18. To sign up, please visit: [www.qwell.io/](http://www.qwell.io/)