

DERBY AND DERBYSHIRE MENTAL HEALTH PATHWAY GUIDANCE

APRIL 2023

TO SUPPORT THOSE WORKING WITH CHILDREN AND YOUNG PEOPLE



INTRODUCTION

Finding the right help at the right time to support children and young people (CYP) with their mental health and wellbeing can be confusing.

This guidance has been put together to assist those who work with CYP in Derbyshire and Derby City.

Schools/settings are placed in different localities, that have different support structures or services around them, for example, some settings have bought in their own mental health support services or have Mental Health Support Teams (MHST). This document has been developed with this in mind so that schools/settings can add their own information to the guide to make it bespoke to them. Local CAMHS Specialist Community Advisors (SCA) can help and support with the development so that it feels comprehensive and relevant.

MENTAL HEALTH AND SAFEGUARDING CHILDREN AND YOUNG PEOPLE

In all cases schools/settings need to be mindful that mental health problems can, in some cases, be an indicator that a child has suffered or is at risk of suffering abuse, neglect or exploitation.

Whenever the school/setting has a mental health concern about a child or young person that is also a safeguarding concern, immediate action should be taken, following their safeguarding/child protection policy. This should include speaking to the Designated Safeguarding Lead or their deputy.

It is important that the Designated Safeguarding Lead and Senior Mental Health Lead, or their equivalent work, in partnership to ensure that a child or young person’s mental health needs and safeguarding are routinely considered to ensure that needs and concerns are considered holistically. This will help to ensure that the appropriate support is put in place, including when deciding whether to make a referral to another agency, including children’s services, i.e., Starting Point.

The Derby and Derbyshire Safeguarding Children Partnership (DDSCP) [threshold document](#) can help schools/settings in their decision making.

Please also see the Derby and Derbyshire safeguarding children procedures, which includes chapters on [providing early help](#) and making a [referral to social care](#).

Remember, if you wish to talk to a social worker about whether thresholds for Social Care or Early Help have been met, please ring the area where the child or young person lives:

- In Derbyshire - Starting Point consultation and advice service for professionals:
01629 535353. The service operates Monday to Friday from 10am - 4pm.
- In Derby City - Children’s services professional consultation line:
07812 300329. The service operates Monday to Friday 10am - 4pm.

TASK: Ensure your mental health pathway is consistent with and linked to your school/setting safeguarding/child protection policy.

CONTENTS

CAMHS SPECIALIST COMMUNITY ADVISORS (SCA) ROLE	4
THE MENTAL HEALTH URGENT PATHWAY	5
THE MENTAL HEALTH NON-URGENT PATHWAY	6
THE THRIVE FRAMEWORK	9
EXAMPLE OF SCHOOL PROVISION MAP	11
SUPPORT SERVICES	12
SIGNPOSTING, GETTING HELP, GETTING MORE HELP, GETTING RISK SUPPORT	
SELF-HARM	19
EATING DIFFICULTIES/DISORDERS	22
WORRY/ANXIETY	24
LOW MOOD	27
BEREAVEMENT	30
OBSESSIVE-COMPULSIVE DISORDER (OCD)	33
PSYCHOSIS	35

CAMHS SPECIALIST COMMUNITY ADVISORS (SCA) ROLE

CAMHS SCA's are a team of qualified professionals who are all experienced in working in the field of child and adolescent mental health. The aim of the service is to provide support and advice to practitioners who are concerned about the mental health of a child or young person. SCA's can attend multi-agency meetings where mental health concerns are questioned. They also offer FREE training to professionals to promote a shared understanding of mental health and mental health problems.

SCA's offer FREE confidential consultation, advice and support on child and adolescent mental health issues **at any point** of the pathway. The message from this guidance is that if you are unsure about what support you think is suitable then you contact your SCA in the first instance.

SCA'S CONTACT DETAILS BY LOCALITY:

High Peak

CRHFT.camhsscass@nhs.net

North Dales

CRHFT.camhsscass@nhs.net

Chesterfield South & Central

CRHFT.camhsscass@nhs.net

Chesterfield North, Staveley & Brimington

CRHFT.camhsscass@nhs.net

Bolsover & North-East District

CRHFT.camhsscass@nhs.net

Dronfield, Eckington & Clowne

CRHFT.camhsscass@nhs.net

Derby City & South Derbyshire

saba.shameem1@nhs.net

Erewash

saba.shameem1@nhs.net

Southern Derbyshire & South Dales

saba.shameem1@nhs.net

Amber Valley

saba.shameem1@nhs.net

Derby City Locality 1 & 5

saba.shameem1@nhs.net

THE MENTAL HEALTH URGENT PATHWAY

Are you concerned about the child's immediate welfare/safety?

YES

NO

Is the child saying they are going to harm themselves or have significantly harmed/taken an overdose?

YES

NO

REFER TO
NON-URGENT
PATHWAY

Is there already a safety plan in place? If so, follow the safety plan, otherwise:

Contact parents/carers and advise to take to A and E.

Call an ambulance if an overdose has been taken or already significantly harmed.

Consider contacting CAMHS:

North Derbyshire CAMHS Urgent Care Team (UCT)

<https://www.camhsnorthderbyshire.nhs.uk/urgent-care>

Available seven days a week 10am -10pm Tel No: 07901 330 724

24/7 Urgent Helpline and Support Service for CYP and Adults in Derbyshire

Call 0800 028 0077 any time of the day or night.

<https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service>

This helpline is open to both professionals and parents/young people.

Derby City and South Derbyshire CAMHS Duty Team

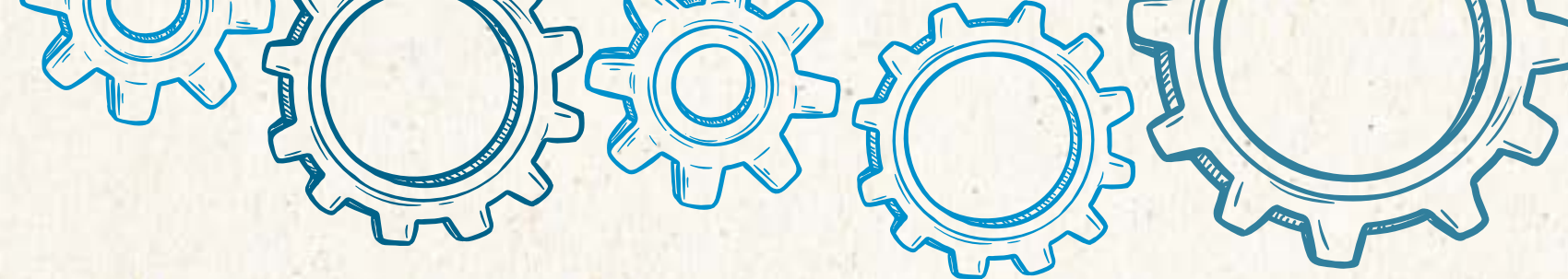
Please call the CAMHS duty professional if your concern is between the hours on 9am- 5pm for advice and guidance about best next steps.

Call: 0300 123 9164

For further information about assessing the immediate risks and what to do, see [DDSCP](#) Self-harm and Suicidal Behaviour Guidance, pages 10-11. In all cases there should be careful consideration of whether an early help assessment or a referral to children's social care is needed.

All concerns, discussions and decisions made, and the reasons for those decisions, should be recorded in writing in accordance with the school/setting policies.

THE MENTAL HEALTH NON-URGENT PATHWAY



THINK/ ASSESS

- Stop and carefully consider what the CYP individual needs are. Be curious. What might be sitting underneath the behaviour?
- Consider who in your school needs to be involved and if an EHA is required.
- Has the CYP struggled previously or is the CYP receiving any other support?
- See below for useful tips and guidance about how to start conversations.

PLAN

- What support in school, community (prosocial) at home or externally might best support the CYP? If unsure contact your SCA for support/advice.
- What are the individual protective factors to focus on?
- Make and agree next steps/plan in partnership with the CYP, family and others involved.

DO

- Share the next steps/plans with those involved.
- Make any necessary referrals.
- Agree how progress will be monitored/shared.

REVIEW

- Review usefulness of the plan with CYP, parent/carer, others involved after an agreed time period.
- Gather feedback from those involved.
- Consider: Has the plan been helpful or is more support required?
- Agree next steps and update the support plan.

DO AND REVIEW

- If further advice or help is considered or necessary refer to the appendix for potential external providers in the 'getting help' section.
- Seek advice from your SCA to ensure referrals are made to the correct services to avoid a scattergun approach.
- Continue to do and then review again.

DO AND REVIEW

- Access advice e.g. 'What to do whilst waiting'.
- Continue to monitor the presentation and seek advice as required.

USEFUL RESOURCES

Primary School Pupils: Starting a Conversation
<https://mentallyhealthyschools.org.uk/media/1611/tips-for-having-a-conversation-with-a-child-about-mental-health.pdf>

Secondary School Pupils: Starting a Conversation
<https://mentallyhealthyschools.org.uk/media/2453/tips-for-starting-a-conversation-about-mental-health-with-secondary-school-children.pdf>

P. A. C. E.
<https://cavuhb.nhs.wales/files/resilience-project/resilience-project-logo-adjustments/pace-pdf/>

Emotionally Based School Avoidance (EBSA)
<https://schools.westsussex.gov.uk/Page/10483>

The Importance of Play: Mental Health and Wellbeing
<https://copthorneacademy.co.uk/wp-content/uploads/2021/03/Play-Mental-Health-and-Wellbeing.pdf>

Person Centred Thinking Tools
<http://helensandersonassociates.co.uk/person-centred-practice/person-centred-thinking-tools/>

One Page Profile Templates
<https://sheffkids.co.uk/resources/>

The DCC Sensory Processing Needs Toolkit
<https://www.localoffer.derbyshire.gov.uk/site-elements/documents/education-and-learning/spn/dcc-spn-toolkit-v13-interactive.pdf>

USEFUL RESOURCES

Stronger Families, Safer Children Practice Tools: Guidance about collating information to help understand need and inform a support plan
<https://proceduresonline.com/trixcms/media/7090/stronger-families-safer-children-toolkit.pdf>

The Classroom Wellbeing Toolkit
<https://www.annafreud.org/schools-and-colleges/resources/classroom-wellbeing-toolkit/>

Early Years in Mind Resources
<https://www.annafreud.org/early-years/early-years-in-mind/resources/>

Staff Wellbeing
<https://derbyandderbyshireemotionalhealthandwellbeing.uk/professionals/whole-school-approach/staff-wellbeing>

TRAINING

Mental Health First Aid Training (FREE)
<https://www.derbyshire.gov.uk/social-health/health-and-wellbeing/mental-health-and-wellbeing/mental-health-training/mental-health-training.aspx>

DFE Designated Senior Mental Health Lead Training (FUNDED)
<https://www.gov.uk/guidance/senior-mental-health-lead-training>

Emotional Literacy Support Assistant Training (ELSA)
 This training is designed to support TAs/support assistants working with children who have social, emotional and mental health (SEMH) difficulties. Following completion of the 5 days of training ELSAs are given supervision from educational psychologist's once every half-term.

TASK: ADD IN YOUR LOCALITY DETAILS TO SUPPORT YOUR PATHWAY

TITLE	NAME	CONTACT DETAILS
CAMHS (SCA)		
School Nursing Service CHAT Health Number		
Educational Psychologist		
Early Help Team		
Behaviour Support		
Build Sound Minds		
Kooth		
Urgent Care Team CAMHS Duty Team		
Virtual School Contact		
Mental Health Support Team		
Autism Outreach		
SEND Support Service		
Domestic Abuse Service		
LGBT+ Services		
Substance Misuse Services		
The DECC		
Eating Difficulties and Disorders		
Staff Wellbeing: Helpline and Resources	Education Support Charity	https://www.educationsupport.org.uk/

THE THRIVE FRAMEWORK



TASK: CLICK ON THE ANIMATION TO UNDERSTAND THE FRAMEWORK



The Thrive Framework is a way to talk about mental health support in a **common language** that everyone understands. The Thrive Framework for system change (Wolpert et al., 2019) was initially developed by colleagues from the Anna Freud Centre and the Tavistock and Portman NHS Foundation Trust to enhance awareness of the full range of emotional health and wellbeing promoting practices for CYP, and their families across sectors.

THRIVE emphasises that the decision on how best to support CYP’s mental health cannot be based purely on their diagnosis or presenting symptoms. It stresses the importance of drawing on the evidence base, alongside being transparent about the limitations of treatment, and explicitly engaging CYP and their families in shared decision-making about the type of help or support they need.

The framework suggests that all those involved in the delivery of care across health, education, social care, and the voluntary sector work closely with one another to meet these needs, agree on aims, and review progress.

Needs are therefore not based on severity, diagnosis, or care pathways.

The THRIVE Framework is used to think about the mental health and wellbeing needs of children, young people, and families through five different needs-based groupings:

- 1. Thriving
- 2. Getting advice and signposting
- 3. Getting help
- 4. Getting more help
- 5. Getting risk support

Emphasis is placed on the prevention and promotion of mental health and wellbeing across the whole population. CYP and their families are empowered through active involvement in decisions about their care, which is fundamental to the approach. The five groupings have been used throughout the pathway guidance document.

THRIVING

Those whose current need is support in maintaining mental wellbeing through effective prevention and promotion strategies. Around 80% of children at any one time are experiencing the normal ups and downs of life but do not need individualised advice or support around their mental health issues. They are in the thriving group.

Within this grouping are CYP who are particularly vulnerable due to a range of social factors such as poverty, poor education, abuse, or neglect; environmental factors including injustice, discrimination, and social and gender inequalities; and individual factors such as experience of abuse, a learning disability, or physical health problems. Care may need to be taken by the system to try to systematically address the issues that put these children at risk and to ensure these groups have access to prevention and promotion strategies that meet their need.



Self-Care Resources

<https://www.annafreud.org/on-my-mind/self-care/>

<https://derbyandderbyshireemotionalhealthandwellbeing.uk/professionals/whole-school-approach/smilers>

<https://www.educationsupport.org.uk/get-help/help-for-you/helpline/>



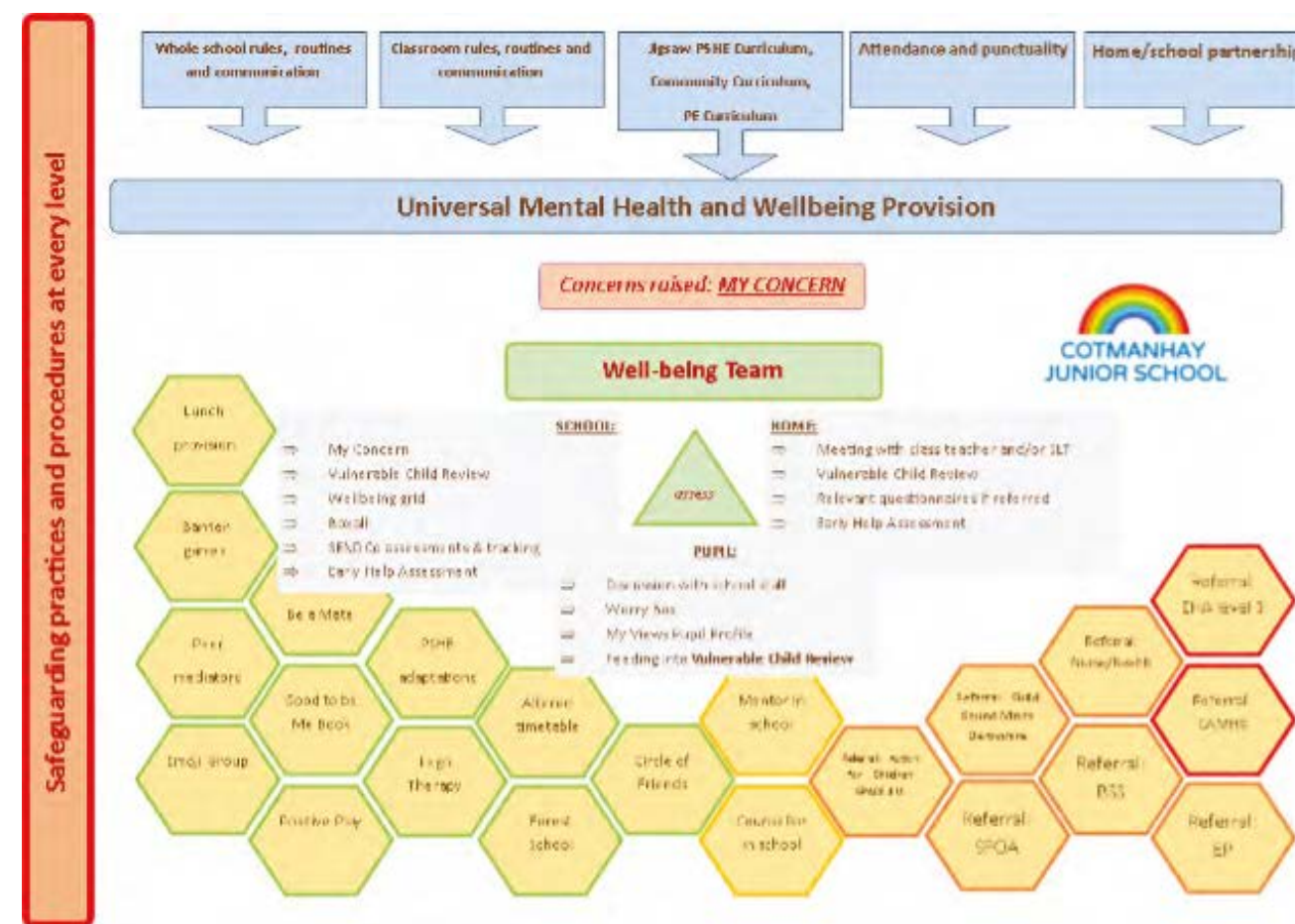
Reflection time

What is your ethos and environment like in your setting?

What little things do you do every day that promote wellbeing?



Provision map: Example of a how a school have mapped their current provision.



TASK: What visual would best represent and help you understand the support available in school as part of a graduated response?

Here are more examples from schools:

<https://derbyandderbyshireemotionalhealthandwellbeing.uk/professionals/whole-school-approach/children-young-people-mental-health-pathway>

What is Your Whole School Approach to Wellbeing?

Websites to support you:

<https://derbyandderbyshireemotionalhealthandwellbeing.uk/professionals/whole-school-approach>

<https://emotionallyhealthyschools.org/>

Derby and Derbyshire Whole School Approach to Wellbeing Mapping Tool

<https://s3.eu-west-2.amazonaws.com/crstl-assets/health-wellbeing/files/DCC-Whole-School-Mapping-Tool-Jan-2022-Fillable.pdf>

GETTING ADVICE/GETTING HELP

Below are examples of some of the mental health services that can provide support.

CAMHS Specialist Community Advisor (SCA)

Consultation can support your school/setting to:

- Enhance understanding and help devise support plans.
- To bolster in house support.
- Provide training to those offering support.
- Help identify alternative external services such as:

School Nursing Service

School nurses see CYP in the school and home environment and in other community settings. Following referrals, a holistic health assessment is completed to identify any unmet health needs. Evidence-based assessment and interventions are implemented to include support for mild to moderate mental health needs.

To find out more about School Nurse support visit:

Derby City: <https://www.derbyshirehealthcareft.nhs.uk/schoolnurse>

Derby City: [DERBY CITY REFERRAL FORM](#)

Derbyshire: <https://derbyshirefamilyhealthservice.nhs.uk/contact-us>

Derbyshire: [DERBYSHIRE REFERRAL FORM](#)



CHAT Health

A text messaging service, so that both young people and parents/carers can get confidential health advice and support.

<https://chathealth.nhs.uk/>

Derby City's Chat Health service has two services:

- Young people, aged 11-19, can use this confidential texting service for help and advice from their School Nurse. Text 07507 327104
- All parent carers of children aged 0-5 can get advice and support with any concerns from their Health Visitor or School Nurse. Text 07507 327754

Derbyshire Chat Health service has two services:

- Young people, aged 11-19, can use this confidential texting service for help and advice from their School Nurse. Text 07507 330025
- All parent carers of children aged 0-5 can get advice and support with any concerns from their Health Visitor or School Nurse. Text 07507 327769

24 hr Mental Health Support Helpline

Our mental health helpline and support service is available 24 hours a day, seven days a week for residents of Derby and Derbyshire.

Call: 0800 028 0077. Learn more on our helpline page.

<https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service>



Build Sound Minds

Action for Children works in partnership with Derbyshire Federation for Mental Health to provide Build Sound Minds Derby and Derbyshire. We work with CYP aged 0-17 with mild to moderate mental health difficulties, such as:

- Low mood: sadness, low motivation
- Mild to moderate anxiety: worries, irrational fears, and concerns
- Common challenging behaviours: angry outbursts, pushing boundaries, frustration, and distress
- Family and peer relationship difficulties
- Difficulty adjusting to change and transition
- Difficulty managing emotions

Build Sound Minds **cannot** work with CYP who:

- Are currently engaging with any other emotional-wellbeing service or on their waiting list
- Have a severe depression, severe anxiety, Obsessive-Compulsive Disorder (OCD), eating disorders, or psychosis
- Have self-harmed long term and currently experiencing significant suicidal thoughts/behaviours
- Are requiring long-term therapy
- Are in crisis or requiring out of hours support

We offer short term support through digital groups, one to one and family support delivered digitally or face to face. For primary aged children we generally offer digital workshops for parents full of advice, information and practical tips.

Make a Referral

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

Our Interventions

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



The Blues Programme

The Blues Programme is an internationally acclaimed wellbeing programme for young people aged 13-19. Over six weeks, it teaches emotional resilience, and reduces low mood and anxious thoughts. Crucially, it gets teenagers talking.

Contact us for more information:

BuildSoundMindsDD@actionforchildren.org.uk



Parent Talk

Offers free advice for parents and carers of children aged 0-19 in the UK and up to age 25 where a child has special educational needs.

Read articles for tips:

<https://parents.actionforchildren.org.uk/>

or talk to us on our chat service for more in-depth support from an experienced parent coaches:

<https://parents.actionforchildren.org.uk/chat>



The DECC (Derby and Derbyshire CIC Emotional Health and Wellbeing Service)

Specific support for looked after children who are struggling because of traumatic life experiences. The service takes a systemic approach in supporting the young person and their system with a varied offer including direct intervention, carer groups, reflective practice groups and training.

Consultation to professionals is also provided by this service.

Tel: 01332 505484

Email: derbyshireEHCIC@actionforchildren.org.uk



Derbyshire Harmful Sexual Behaviour Pathway Programme Service

The Pathway Programme is a new harmful and problematic sexual behaviour service commissioned by Derbyshire County Council Public Health and Children's Services. This service is available to staff working with children who live in Derbyshire presenting with HSB and who not in the care of the local authority.

The service offers expert advice and guidance to professionals supporting a child who is displaying concerning sexual behaviour. Our support is tailor made to meet the needs of each child and can include advice about safety planning, sharing of resources to be used by other professionals working with the child, supervision and guidance of direct work, and recommendations and signposting where specialist direct work is indicated.

We welcome the involvement of parents and seek to provide them with a safe space to explore their concerns. If you are concerned about a child's sexual behaviour and wish to make a referral, please contact us at: pathwayservice@actionforchildren.org.uk



Compass Changing Lives (Mental Health Support Team)

Changing Lives offer early intervention to CYP aged 0-17 years who are experiencing mild to moderate mental health difficulties. Check here for schools that can access this service:

<https://derbyandderbyshireemotionalhealthandwellbeing.uk/professionals/changing-lives-service/what-is-changing-lives>

Changing Lives: [REFERRAL FORM](#)

(If you don't have access to this service refer to Build Sound Minds)



Eating Difficulties & Disorder Services

First Steps ED is an all ages eating disorder service supporting children and young people from the age of five years who are experiencing mild to moderate body image, disordered eating or eating disorders which includes, Avoidant Restrictive Food Intake Disorder (ARFID), Binge Eating Disorders (BED), Bulimia or Anorexia including compulsive exercise through individual and group therapy services including guided self-help and psychoeducation programmes.



Services are also available for parents/carers and training for professionals:

<https://firststepsed.co.uk/>

To make a referral contact:

<https://firststepsed.co.uk/make-a-referral/>

or enquiry: info@firststepsed.co.uk

or freephone: 0808 196 2228



Kooth

Kooth is a free online mental health and wellbeing resource for CYP aged 11 to 25 in Derby and Derbyshire that requires no formal referral, instead only requiring the CYP to set up an account on the website. Available 365 days of the year via mobile, tablet and desktop devices from 12 noon to 10pm Monday-Friday and 6pm-10pm at weekends, the service provides access to accredited counselling support, peer support via online forums. To sign up, please visit: www.kooth.com/



Domestic Violence Support Children and Young People's Services | The Elm Foundation

<https://www.theelmfoundation.org.uk/children-and-young-peoples-services>



Sexual abuse SV2 - Supporting Victims of Sexual Violence

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

Support for Derby Domestic Violence | Derby City Life Links

<https://derbycitylifelinks.org.uk/domestic-violence-crime/>



Derbyshire LGBT+ Youth Services

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



Support for Children Experiencing Racism

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/children-race-racism-racial-bullying/>



Drugs and Alcohol

CGL Derbyshire a free and confidential service for young people under 19 seeking advice and information about drugs, alcohol, and the associated risks. They provide friendly and confidential support to young people living in Derbyshire (county), through a range of group and one-to-one based interventions.

They also provide guidance and training to professionals.

Tel: 01773303646 or email: derbyshire@cgl.org.uk

Breakout provides a confidential, specialist young persons drug and alcohol service for young people living in the **City of Derby** under the age of 18, experiencing drug and alcohol related problems. We offer the following range of services:

- Care planned treatment interventions
- 1 to 1 psychosocial intervention
- Substitute prescribing (medical detoxification)
- Specialist harm reduction, including advice and needle and syringe exchange
- Targeted 1 to 1 and small group brief harm reduction Interventions for young people at risk of exclusion due to their substance use, as well as for young people attending Pupil Referral Units, and for those engaged with the City Youth Offending Service
- Drug and alcohol awareness training sessions for staff and organisations working with young people i.e., schools, MAT teams, housing, training providers etc.

Services are delivered in locality areas via MAT's, schools, assertive outreach, home visits (where appropriate).

Please contact us on: 01332 641661 to discuss a referral, or email the Central Point of Access Team at dmh-tr.ChildFamily-Derby@nhs.net



1625 Outreach

Derby & Derbyshire

1625

1625 provides non-judgmental, fact-based information and support surrounding drug and alcohol use and its associated risks. Their service is available to 16 to 25 year olds (including students in year 11) living or studying in Derby or Derbyshire, delivered in education, event, night time economy and community settings. www.1625outreach.co.uk



Space 4 U

Space 4 U support 5 to 18 year olds who are affected by someone else's alcohol or drug misuse. This could be a parent/carer, sibling, or close friend. They help to improve their wellbeing and resilience so they can cope better and build stronger relationships at home, school and in the community.

Tel: 01246 277422

Space.4u2@actionforchildren.org.uk



Safe and Sound

Safe and Sound's is a charity who support children, young people and families in Derby and Derbyshire affected by or at risk of any form of child exploitation.

We support children from 7-18 years (25years with SEND or who are care leavers).

www.safeandsoundgroup.org.uk



Derby and Derbyshire C.A.R.E.S (Children at Risk of Exploitation Service)

www.catch-22.org.uk

This service supports children and young people who are at risk of Child Exploitation (CRE) in Derby and across Derbyshire. We deliver bespoke support and interventions to children and young people to build resilience and aspiration, empowering them to take control of their lives and support them to stay safe.



Derby and Derbyshire Emotional Health and Wellbeing Website

This emotional health and wellbeing signposting website for Derby and Derbyshire contains local and national links and resources updated regularly.

<https://derbyandderbyshireemotionalhealthandwellbeing.uk/>



GETTING HELP, GETTING MORE HELP OR RISK SUPPORT

This section has been developed to give examples of a graduated response and to help you think about where you can signpost, get help, get more help or risk support using the non-urgent pathway flow diagram on page 6 and 7 as a starting point. It may be useful to delete and copy and paste your own information and support options. To avoid a scattergun approach of referral we always advise you speak to your SCA if you are stuck and unsure where to appropriately refer.

As mentioned previously if you require support to develop your own pathway then contact your SCA for support.

SAFEGUARDING AND CHILD PROTECTION

Derby and Derbyshire Safeguarding Children Partnership

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

The Derby and Derbyshire Safeguarding Children's Partnership (DDSCP) website includes information about the work of the local safeguarding children's partnership, safeguarding information and resources, as well as safeguarding training opportunities for staff working with children and their families.

The Derby and Derbyshire Safeguarding Children Procedures

<https://derbyshirescbs.proceduresonline.com/contents.html>

These are used at all times when there are concerns that a child is at risk of harm. Key local guidance documents include:

- Thresholds Document - to support identification of children's needs and the appropriate level of intervention.
- Dispute Resolution and Escalation Policy - sets out clear routes to escalate concerns when there is a difference of professional opinion about the seriousness of a situation or the proposed action.
- Information Sharing Guidance for Practitioners - gives clear guidance on how to share information if there are concerns about a child.

Worried about a child?

For further information about referrals or CYP concerns, see Derby and Derbyshire safeguarding children procedures:

<https://derbyshirescbs.proceduresonline.com/contents.html>

Local contacts:

<https://derbyshirescbs.proceduresonline.com/contacts.html>

SELF-HARM

INFORMATION

GENERAL RESOURCES

Derby and Derbyshire:

Safeguarding Children's Partnership Guidance 2020

https://www.proceduresonline.com/derbyshire/scbs/user_controlled_lcms_area/uploaded_files/Self_Harm_and_Suicidal_Behaviour_Support_Guidance_September_2020.pdf

Mental Health Training

<https://www.derbyshire.gov.uk/social-health/health-and-wellbeing/mental-health-and-wellbeing/mental-health-training/mental-health-training.aspx>

MindEd for Families

<https://mindedforfamilies.org.uk/young-people/search-results/?searchTerm=self%20harm>

Suicide Prevention Training

<https://zerosuicidealliance.com/training>

NATIONAL WEBSITES

Signs of Self-harm and Getting Help | Young Minds

<https://www.youngminds.org.uk/young-person/my-feelings/self-harm/>

Charlie Waller: A Guide for School Staff

<https://charliewaller.org/resources/young-people-who-self-harm/>

Harmless

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

Distraction Techniques

<https://www.papyrus-uk.org/wp-content/uploads/2018/10/Distraction-Techniques.pdf>

The Mix

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

FURTHER ADVICE FOR PARENTS AND CARERS

Self-Harm & Mental Health | Guide for Parents/Carers | Young Minds

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/self-harm/>

Supporting Your Child: A Guide for Parents

<https://www.papyrus-uk.org/wp-content/uploads/2020/08/Supporting-Your-Child-A-Guide-for-Parents.pdf>

Suicidal Thoughts | Suicidal Ideation Signs and Symptoms | YoungMinds

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/suicidal-thoughts/>

APPS

Calm Harm

<https://calmharm.co.uk>

Blueice

<https://www.oxfordhealth.nhs.uk/blueice/>

CAMHS list of apps

<https://www.camhs-resources.co.uk/apps-1>

Ripple | Our Story

<https://www.ripplesuicideprevention.com/about>

HELPLINES

Prevention of Young Suicide: Papyrus

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

Tomorrow Project

<http://www.tomorrowproject.org.uk/need-help/who-can-help>

Childline

<https://www.childline.org.uk/info-advice/your-feelings/mental-health/coping-suicidal-feelings/>

Samaritans

<https://www.samaritans.org>

Crisis Messenger

www.youngminds.org.uk

CALM (Campaign Against Living Miserably)

www.thecalmzone.net

A Guide for Young People

Self-Harm | Signs of Self-Harm and Getting Help | YoungMinds

<https://www.youngminds.org.uk/young-person/my-feelings/self-harm>

Information and Help For Young People Worried About Self-Harm

<https://charliewaller.org/mental-health-resources/managing-difficult-feelings/help-for-young-people-worried-about-self-harm/>

School Early Help Offer/Early Help Assessment

This may be indicated to help understand and address any stressors that may be causing the self-harm and will help plan and coordinate support if external services are involved.

Parent/Carer Support

Families are likely to need advice and support to help their child. Ensure good communication and parental involvement in support and/or safety plans.

24 hr Mental Health Helpline

0800 028 0077

<https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service>

Getting More Help/Further Support

For example, frequent and self-harm increasing in severity, with associated significant emotional problems such as suicidal thoughts, depressive symptoms, high levels of anxiety which are impacting on day-to-day activity.

Specialist CAMHS

North Derbyshire referrals can be made by any professional using the CAMHS referral form which can be found on the website:

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

South Derbyshire and Derby referrals are made via the Single Point of Access system:

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

CAMHS Duty Workers

These workers are available five days a week during working hours for advice regarding CYP on the CAMHS waiting list who you may be concerned about, contact:

North Derbyshire: 01246 514412

High Peak and North Dales: 01298 72445

Southern Derbyshire and City: 0300 123 9164

SCA Consultation

- Waiting list support to staff involved in supporting the child/young person
- Provide training to professionals as required
- Advice on safety plans and crisis management

24 hr Mental Health Helpline

0800 028 0077

<https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service>

GETTING RISK SUPPORT/ CRISIS OR URGENT SUPPORT

Urgent support maybe needed if a child reports suicidal thoughts and accompanying plans, or signs of significant self-harm and you are highly concerned for their safety or wellbeing.

24 hr Mental Health Helpline

0800 028 0077

<https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service>

North Derbyshire Urgent Care Team

<https://www.camhsnorthderbyshire.nhs.uk/urgent-care>

UCT is a team of practitioners who will respond to acute mental health presentations in CYP under the age of 18. They will respond within four hours if your mental health presentation is serious and you are seriously self-harming, or you present with serious suicidal thoughts.

Available seven days a week 10am -10pm.

Contact: 07901 330 724

South Derbyshire and Derby City CAMHS Duty Team

Please call the CAMHS duty professional if your concern is between the hours on 9am- 5pm for advice and guidance about best next steps.

Call: 0300 123 9164

24/7 Urgent Helpline and Support Service for Adults and CYP in Derbyshire

Call: 0800 028 0077 any time of the day or night.

<https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service>

This helpline is open to both professionals and parents/young people.

Accident and emergency/ambulance may be necessary in some cases.

Ring 999.

SUPPORT OPTIONS

Please adhere to your in-house policy regarding self-harm or discuss with your safeguarding lead who will advise you re: information sharing with parents/carers and the need for a safeguarding referral.

GETTING ADVICE/ GETTING HELP/ OR EMERGING CONCERNS

This may include a first instance of self-harm or infrequent incidence, minor physical harm, with associated emotional problems such as anger, poor self-esteem, general stress, and minimal impact on day-to-day activity.

In-house support:

ELSA worker input, SENCO support, school counsellor/ family support worker, education support services (e.g., Educational Psychology, Behaviour Support, Autism Outreach). Pro social activities after school or in the community.

SCA consultation could support to:

- Enhance understanding and help devise support plans
- Bolster in house support
- Provide training to those offering support
- Help identify alternative external services such as:

School Nursing Service

School nurses see CYP in the school and home environment and in other community settings. Following referrals, a holistic health assessment is completed to identify any unmet health needs. Evidence based assessment and interventions are implemented to include support for mild to moderate mental health needs.

Use the School Nurse Public Health Referral Form:

Derby City: [DERBY CITY REFERRAL FORM](#)

Derbyshire: [DERBYSHIRE REFERRAL FORM](#)

Build Sound Minds

Offer a comprehensive early intervention to CYP aged 0-17 who are experiencing mild to moderate mental health difficulties.

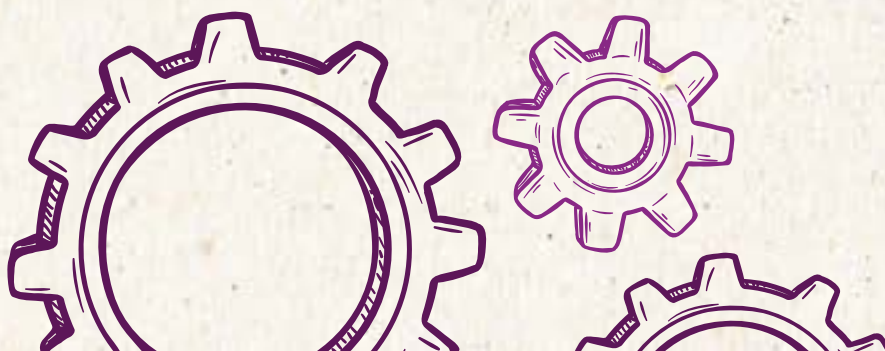
<https://services.actionforchildren.org.uk/derbyshire/build-sound-minds/make-a-referral>

Compass Changing Lives

Offer a comprehensive early intervention to CYP aged 0-17 who are experiencing mild to moderate mental health difficulties.

<https://Derbyandderbyshireemotionalhealthandwellbeing.uk/professionals/changing-lives-service/what-is-changing-lives>

[REFERRAL FORM](#)



EATING DIFFICULTIES/ DISORDERS

INFORMATION

GENERAL RESOURCES

First Steps ED

<https://firststepsed.co.uk/>

BEAT

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

Guided Self-Help Workshops and Groups

<https://firststepsed.co.uk/services-and-support/workshops-and-groups/>

Body Image and Mental Health

<https://www.mentalhealth.org.uk/explore-mental-health/body-image>

<https://firststepsed.co.uk/resources/body-image-and-perception/>

Support for Schools

<https://firststepsed.co.uk/services-and-support/support-in-schools/>

Self -Care

<https://www.annafreud.org/on-my-mind/self-care/>

National Autistic Society: Eating a Guide for All Audiences

<https://www.autism.org.uk/advice-and-guidance/topics/behaviour/eating>

NATIONAL WEBSITES

Beat

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

Young Minds: Anorexia

<https://www.youngminds.org.uk/young-person/mental-health-conditions/anorexia>

Young Minds: Bulimia

<https://www.youngminds.org.uk/young-person/mental-health-conditions/bulimia/>

Talk ED

<https://www.talk-ed.org.uk/>

FURTHER ADVICE FOR PARENTS AND CARERS

Eating Disorders Support

<http://www.eatingdisorderssupport.co.uk/>
(for anyone affected by an eating problem)

FEAST

<https://www.feast-ed.org/>

First Steps

<https://firststepsed.co.uk/disorders-and-symptoms/>

BOOKS AND RESOURCES

Help Your Teenager Beat an Eating Disorder (2nd Edition) James Lock and Daniel Le Grange.

Anorexia and Other Eating Disorders: How to help your child eat well and be well: Practical solutions, compassionate communication tools and emotional support for parents of children and teenagers by Eva Musby.

Autism and Picky Eating

<https://childmind.org/article/autism-and-picky-eating/>

5 Ways to Wellbeing

<https://www.derbyshire.gov.uk/social-health/health-and-wellbeing/mental-health-and-wellbeing/five-ways-to-wellbeing/five-ways-to-wellbeing-young-people/five-ways-to-wellbeing-for-young-people.aspx>

SMILERS Ways to Wellbeing

<https://derbyandderbyshireemotionalhealthandwellbeing.uk/professionals/whole-school-approach/smilers>

APPS

Recovery Warriors

<https://recoverywarriors.com/app/>

RR: Eating Disorder Management

<https://apps.apple.com/us/app/rr-eating-disorder-management/id457360959>

Eating Disorder Support App

<https://www.expertselfcare.com/eating-disorder-support-app/>

Worth Warrior

<https://www.worthwarrior.co.uk/>

SUPPORT OPTIONS

GETTING ADVICE/ GETTING HELP/ OR EMERGING CONCERNS

For example, concerns that a child may have difficulties with body image or disordered eating.

SCA Consultation

Enhance understanding and help devise support plans:

- Bolster in house support
- Provide training to those offering support
- Help identify alternative external services such as:

GP Referral

In some cases, it may be recommended that the child is taken to see their GP for a medical assessment to help to further assess the level of need.

School Early Help Offer/Early Help Assessment

This may be indicated to help understand and address any stressors that may be contributing to the problem and will help plan and coordinate support if external services are involved:

- Waiting list support to staff involved in supporting the child/young person
- Provide training to professionals as required
- Advice on safety plans and crisis management

Parent/Carer Support

Parents/carers are likely to need advice and support to help their child. Ensure good communication and parental involvement in support or safety plans if engaging in risky or self-injurious behaviours.

24 hr Mental Health Helpline: 0800 028 0077

<https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service>

GETTING RISK SUPPORT/ CRISIS OR URGENT SUPPORT

For example, if their presentation deteriorates significantly and there are concerns that the CYP is becoming suicidal or reporting that they are unable to keep themselves safe.

Call 999 - if increasing aggression/violence or threats to self or others.

24 hr Mental Health Helpline: 0800 028 0077

<https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service>

North Derbyshire Urgent Care Team

UCT is a team of practitioners who will respond to acute mental health presentation in young people under the age of 18. They will respond within four hours if the mental health presentation is serious, and they have seriously self-harming or presenting with serious suicidal thoughts.

Available 7 days a week 10am -10pm

Tel. No: 07901 330 724

<https://www.camhsnorthderbyshire.nhs.uk/urgent-care>

South Derbyshire and Derby City CAMHS Duty Team

Please call the CAMHS duty professional if your concern is between the hours on 9am- 5pm Monday-Friday for advice and guidance about best next steps.

Call: 0300 123 9164

24/7 Urgent Helpline and Support Service for Adults and CYP in Derbyshire

Call: 0800 028 0077 any time of the day or night.

<https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service>

This helpline is open to both professionals and parents/young people.



INFORMATION

NATIONAL WEBSITES

Beacon House Therapeutic Services/Resources
<https://beaconhouse.org.uk/resources/>

We Heart CBT
<https://weheartcbt.com/anxiety>
<https://weheartcbt.com/stress>

Hands on Scotland
<https://www.handsonscotland.co.uk/anxiety-resource-education/>

Nip it in the Bud
Nip in the Bud works with mental health professionals to produce short films and fact sheets to help parents, primary school teachers and others caring for and working with children to recognise potential mental health conditions.

<https://nipinthebud.org/anxiety-in-children/>

The Window of Tolerance
<https://www.youtube.com/watch?v=Wcm-1FBrDvU>

What is Emotionally Based School Avoidance?
https://semh.co.uk/social-emotional-and-mental-health-semh/what-is-emotionally-based-school-avoidance/#google_vignette

Social Stories
<https://www.autism.org.uk/advice-and-guidance/topics/communication/communication-tools/social-stories-and-comic-strip-conversations>

Get Self-Help Suitable for Older Teens
<https://www.getselfhelp.co.uk/docs/AnxietySelfHelp.pdf>

My Self-Care Plan Secondary
<https://www.annafreud.org/schools-and-colleges/resources/my-self-care-plan-secondary/>

My Self-Care Plan Primary
<https://www.annafreud.org/schools-and-colleges/resources/my-self-care-plan-primary/>

Anna Freud Website- Schools in Mind
<https://www.annafreud.org/schools-and-colleges/resources/>

Young Minds 360 Community
<https://www.youngminds.org.uk/professional/360-schools/>

BOOKS AND RESOURCES

Toolbox | Childline
<https://www.childline.org.uk/toolbox/>

Starving the Anxiety Gremlin
by Kate Collins-Donnelly

Scaredy Squirrel
by Melanie Watt

Little Parachutes
<https://www.littleparachutes.com/category/feelings/anxiety/>

<https://www.booksfortopics.com/mental-health>

<http://www.safehandsthinkingminds.co.uk/books-cards-worksheets/>

<https://www.hintonpublishers.com/mental-health-wellbeing>

[MHF-The-Anxious-Child-booklet.pdf](#)

Self-Help Leaflets
<https://web.ntw.nhs.uk/selfhelp/>

Reading Well
<https://reading-well.org.uk/books/books-on-prescription/mental-health>

5 Ways to Wellbeing
<https://www.derbyshire.gov.uk/social-health/health-and-wellbeing/mental-health-and-wellbeing/five-ways-to-wellbeing/five-ways-to-wellbeing-young-people/five-ways-to-wellbeing-for-young-people.aspx>

SMILERS Ways to Wellbeing
<https://derbyandderbyshireemotionalhealthandwellbeing.uk/professionals/whole-school-approach/smilers>

Alberta Family Wellness: The Brain Story
<https://www.albertafamilywellness.org/what-we-know/the-brain-story>

The Behaviour Box
Derbyshire Education Psychology Service
<https://www.services.derbyshire.gov.uk/Page/20563>

APPS

<https://www.camhs-resources.co.uk/apps-1>

Clear Fear
<https://www.clearfear.co.uk/>

SUPPORT OPTIONS

GETTING ADVICE/ GETTING HELP/ OR EMERGING CONCERNS

For example, children presenting with increasing worries in one or more areas of their life, (such as separation anxiety) which may be starting to affect sleep, behaviour, or school attendance.

In-house support:
Such as pastoral support or nurture groups.

ELSA worker input, SENCO support, school counsellor/family support worker, support services (e.g., Educational Psychology, Behaviour Support, Autism Outreach, Early Years Team (Derbyshire Relationship Matters Programme). Pro social activities after school or in the community.

SCA Consultation

- Enhance understanding and help devise support plans
- Bolster in-house support
- Provide training to those offering support, or to
- Help identify alternative external services such as:

School Nursing Service

Use the School Nurse Public Health Referral Form:

Derby City: [DERBY CITY REFERRAL FORM](#)

Derbyshire: [DERBYSHIRE REFERRAL FORM](#)

To find out more about school nurse support visit:

Derbyshire

<https://derbyshirefamilyhealthservice.nhs.uk/contact-us>

Build Sound Minds

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

Breathe, Think, Do with Sesame

https://play.google.com/store/apps/details?id=air.com.sesameworkshop.ResilienceThinkBreathDo&hl=en_GB&gl=US

Combined Minds

<https://combinedminds.co.uk/>

Compass Changing Lives

<https://derbyandderbyshireemotionalhealthandwellbeing.uk/professionals/changing-lives-service/what-is-changing-lives>

REFERRAL FORM

(If your school does not have access to Changing Lives, please refer to Build Sound Minds)

School Early Help Offer/Early Help Assessment

This may be indicated to help understand and address any stressors that may be causing the anxiety such as family stress/domestic violence and will help plan and coordinate support if external services are involved. Parenting courses may be appropriate

Parent/Carer Support

Parents are likely to need advice and support to help their child. Consider recommending useful websites for information on how to help child to regulate their emotions and understand what is behind their distress.

Useful Resources

Parent-Led CBT for Child Anxiety: Helping Parents Help Their Kids

<https://www.amazon.co.uk/Parent-Led-CBT-Child-Anxiety-Helping/dp/1462527787>

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

<https://www.annafreud.org/engagingparents/>

24 hr Mental Health Helpline

Tel: 0800 028 0077

<https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service>

Getting More Help/Further Support

For example, high levels of persistent anxiety which is impacting on day-to-day activity and affecting mood and physiological state, causing panic attacks, sleep disturbance and significantly impacting on school attendance.

Improving Access to Psychological Therapies (IAPT) IAPT Services for 16+

Please call the provider to discuss suitability prior to referral.

<https://joinedupcarederbyshire.co.uk/your-services/improving-access-to-psychological-therapies-iapt/>

Specialist CAMHS North Derbyshire

Referrals can be made by any professional using the CAMHS referral form which can be found on the website:

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

South Derbyshire and Derby

Referrals are made via the Single Point of Access system:

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

CAMHS Duty Workers

These workers are available five days a week during working hours for advice regarding CYP on the CAMHS waiting list who you may be concerned about.

Contact:

North Derbyshire: 01246 514412

High Peak and North Dales: 01298 72445

Southern Derbyshire and City: 0300 123 9164

The DECC (Derby and Derbyshire CIC Emotional Health and Wellbeing Service)

Specific support for looked after children who are struggling as a result of traumatic life experiences. Consultation to professionals is also provided by this service.

Tel: 01332 505484

Email: derbyshireEHCIC@actionforchildren.org.uk

SCA Consultation

- Waiting list support to staff involved in supporting the child/young person
- Provide training to professionals as required
- Advice on interim management

24 hr Mental Health Helpline

0800 028 0077

<https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service>

GETTING RISK SUPPORT/ CRISIS OR URGENT SUPPORT

For example, if their anxiety presentation deteriorates significantly and there are concerns that the CYP is becoming suicidal or reporting that they are unable to keep themselves safe.

North Derbyshire Urgent Care Team

<https://www.camhsnorthderbyshire.nhs.uk/urgent-care>

Available seven days a week 10am - 10pm:
07901 330 724

South Derbyshire and Derby City CAMHS Duty Team

Please call the CAMHS duty professional if your concern is between the hours on 9am- 5pm Monday - Friday for advice and guidance about best next steps.

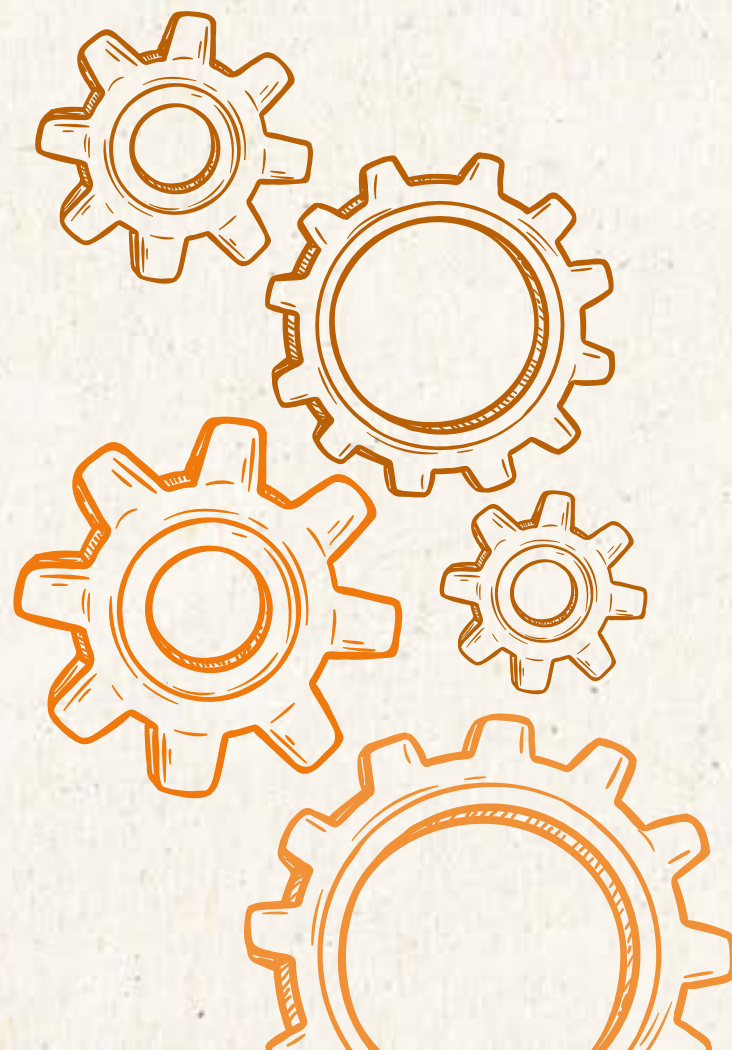
Tel: 0300 123 9164

24/7 Urgent Helpline and Support Service for Adults and CYP in Derbyshire

Call: 0800 028 0077 any time of the day or night.

<https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service>

This helpline is open to both professionals and parents/young people.



LOW MOOD

INFORMATION

GENERAL RESOURCES

Ways to Wellbeing

5 Ways to Wellbeing

<https://www.derbyshire.gov.uk/social-health/health-and-wellbeing/mental-health-and-wellbeing/five-ways-to-wellbeing/five-ways-to-wellbeing-young-people/five-ways-to-wellbeing-for-young-people.aspx>

SMILERS Ways to Wellbeing

<https://derbyandderbyshireemotionalhealthandwellbeing.uk/professionals/whole-school-approach/smilers>

Self-Care

<https://www.annafreud.org/on-my-mind/self-care/>

CAMHS Websites

www.camhsnorthderbyshire.nhs.uk

<https://www.derbyshirehealthcareft.nhs.uk/services/childrens-mental-health-services-camhs-derby-and-southern-derbyshire>

NATIONAL WEBSITES

The Childrens Society

<https://www.childrenssociety.org.uk/information/young-people/well-being/resources/depression>

Hands on Scotland

<https://www.handsonscotland.co.uk/depression-and-low-mood/>

Nip it in the Bud

Nip in the Bud works with mental health professionals to produce short films and fact sheets to help parents, primary school teachers and others caring for and working with children to recognise potential mental health conditions. The goal is to increase the prospects of early intervention and to reduce the risks of those conditions becoming more serious in later years.

<https://nipinthebud.org/anxiety-in-children/>

Get Self-Help - suitable for older teens

<https://www.getselfhelp.co.uk/docs/DepressionSelfHelp.pdf>

Anna Freud Website- Schools in Mind

<https://www.annafreud.org/schools-and-colleges/resources/>

BOOKS AND RESOURCES

Ruby and the Rubbish Bin

by Margot Sunderland

We Heart CBT

<https://weheartcbt.com/low-mood>

Think Good Feel Good

by Paul Stallard

Self-Help Leaflets

<https://web.ntw.nhs.uk/selfhelp/>

Reading Well - more ideas of books

<https://reading-well.org.uk/books/books-on-prescription/mental-health>

<https://www.camhs-resources.co.uk/books1>

VIDEOS

<https://www.camhs-resources.co.uk/videos>

APPS

CAMHS

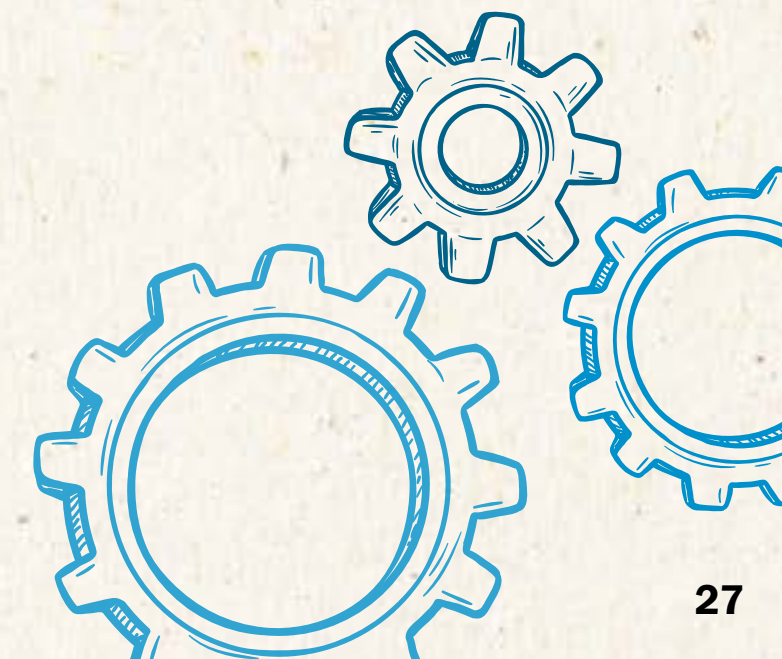
<https://www.camhs-resources.co.uk/apps-1>

On My Mind

<https://www.annafreud.org/on-my-mind/self-care/apps-delivering-self-help-strategies/>

Move Mood

<https://www.movemood.co.uk/>



SUPPORT OPTIONS

GETTING ADVICE/ GETTING HELP/ OR EMERGING CONCERNS

For example, a child presenting with recent deterioration in mood, poor self-esteem, and tearfulness affecting their thoughts and behaviours. Day to day life not significantly affected i.e., still maintaining hobbies, attending school and responsive to support.

In-house support:

Such as pastoral support, nurture groups.

ELSA worker input, SENCO support, school counsellor, family support worker, education support services (e.g. Educational Psychology, Behaviour Support, Autism Outreach) prosocial activities after school or in the community.

SCA Consultation

- Enhance understanding and help devise support plans
- Bolster in-house support
- Provide training to those offering support, or to
- Help identify alternative external services such as:

School Nursing Service

Derbyshire

<https://derbyshirefamilyhealthservice.nhs.uk/contact-us>

Derbyshire: [DERBYSHIRE REFERRAL FORM](#)

Derby City

<https://www.derbyshirehealthcareft.nhs.uk/schoolnurse>

Derby City: [DERBY CITY REFERRAL FORM](#)

Social Prescribing Offer

Some areas are starting to develop this offer – discuss with your local SCA.

Build Sound Minds

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

Compass Changing Lives

<https://derbyandderbyshireemotionalhealthandwellbeing.uk/professionals/changing-lives-service/>

(If your school does not have access to Changing Lives, please refer to Build Sound Minds).

School Early Help Offer/Early Help Assessment

This may be indicated to help understand and address any stressors that may be causing the low mood such as bullying/family stress/domestic violence and will help plan and coordinate support if external services are involved.

Parent/Carer Support

Parents are likely to need advice and support to help their child. Consider recommending useful websites/books/support for information on how to improve mood and raise self-esteem.

24 hr Mental Health Helpline. Tel: 0800 028 0077

<https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service>

Getting More Help/Further Support

For example, low mood is persistent and affecting day to day life – i.e. reduced sleep and appetite, withdrawal from previously enjoyed activities, feelings of hopelessness and possible accompanying suicidal thoughts.

IAPT Services for 16+

Please call the provider to discuss suitability prior to referral.

<https://joinedupcarederbyshire.co.uk/your-services/improving-access-to-psychological-therapies-iapt/> for details of local providers.

Specialist CAMHS

North Derbyshire Referrals can be made by any professional using the CAMHS referral form which can be found on the website.

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

South Derbyshire and Derby

Referrals are made via the Single Point of Access system.

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

CAMHS Duty Workers

These workers are available five days a week during working hours for advice regarding CYP on the CAMHS waiting list who you may be concerned about.

Contact:

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Southern Derbyshire and City: 0300 123 9164

SCA Consultation

- Waiting list support to staff involved in supporting the child/young person
- Provide training to professionals as required
- Advice on interim management

24 hr Mental Health Helpline

0800 028 0077

<https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service>

GETTING RISK SUPPORT/ CRISIS OR URGENT SUPPORT

For example, if mood deteriorates significantly and the CYP is expressing increasing suicidal thoughts and has plans to harm themselves.

24 hr Mental Health Helpline

0800 028 0077

<https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service>

North Derbyshire Urgent Care Team

<https://www.camhsnorthderbyshire.nhs.uk/urgent-care>

They will respond within four hours if your mental health presentation is serious and you are seriously self-harming, or you present with serious suicidal thoughts.

Available seven days a week 10am -10pm:
07901 330 724

South Derbyshire and Derby City CAMHS Duty Team

Please call the CAMHS duty professional if your concern is between the hours on 9am- 5pm for advice and guidance about best next steps.

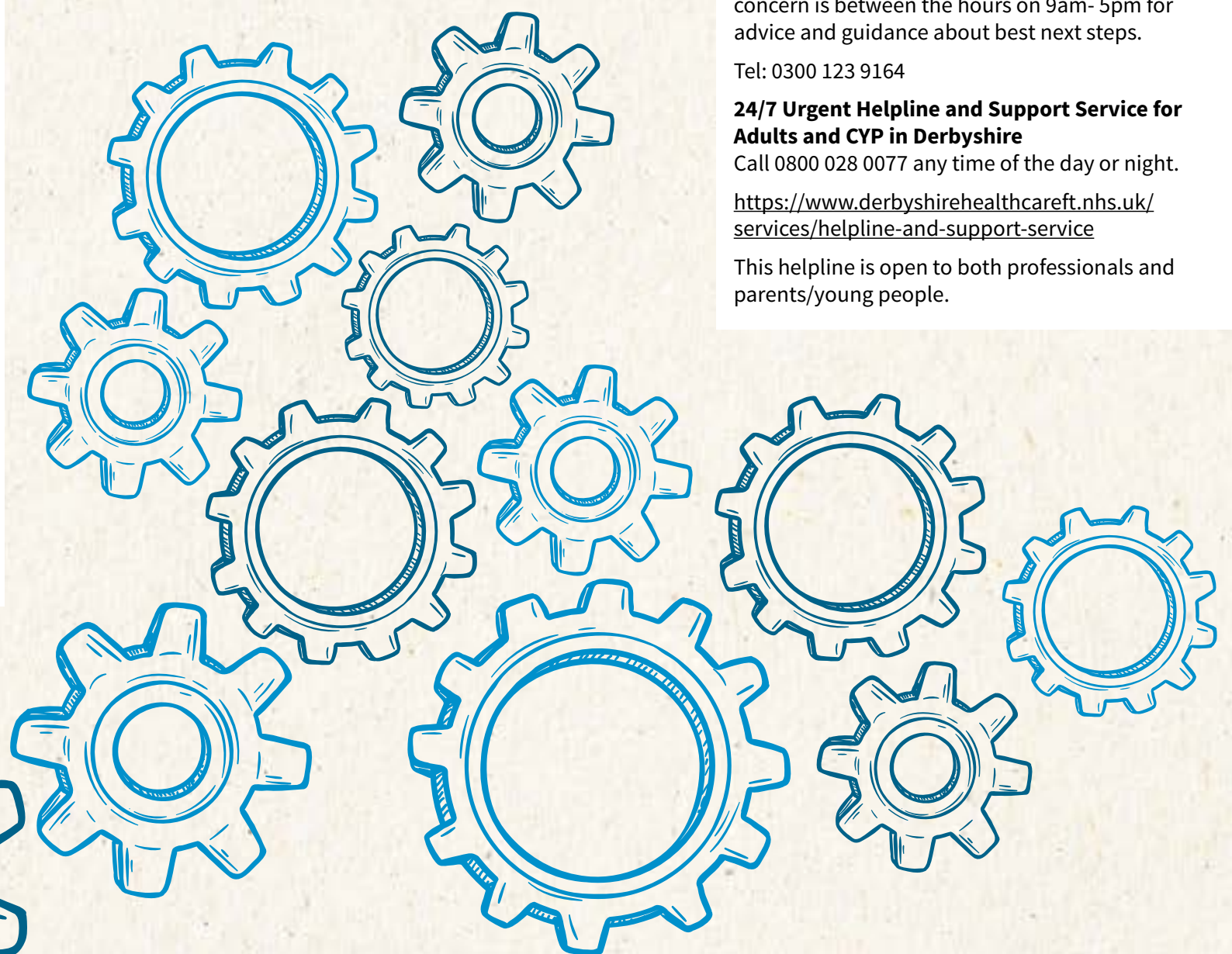
Tel: 0300 123 9164

24/7 Urgent Helpline and Support Service for Adults and CYP in Derbyshire

Call 0800 028 0077 any time of the day or night.

<https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service>

This helpline is open to both professionals and parents/young people.



BEREAVEMENT

INFORMATION

GENERAL RESOURCES

Understanding of Death

The nature of a child and young person's understanding of death and bereavement will be different at different stages of their development. Although a person's grief is individual, their understanding of the loss of a loved one progresses as they mature.

The Cruse Bereavement Charity have produced information about the most common understandings of death by CYP at certain stages of their development:

<https://www.childbereavementuk.org/information-childrens-understanding-of-death>

Child Bereavement UK: School Information Pack

<https://www.childbereavementuk.org/managing-bereavement-a-guide-for-primary-schools>

Child Bereavement

<https://childbereavement.lgfl.org.uk/>

Winston's Wish

<https://www.winstonswish.org/wp-content/uploads/2019/06/Guide-to-supporting-grieving-children-in-education.pdf>

Derbyshire Bereavement Hub

<http://derbyshirebereavementhub.co.uk/local-services/>

Supporting Bereaved CYP

<https://www.childbereavementuk.org/supporting-bereaved-children-and-young-people>

The Needs Of Bereaved Children

<https://thelauracentre.org.uk/wp-content/uploads/2021/01/THE-NEEDS-OF-BEREAVED-CHILDREN.pdf>

HELPLINES

Childline

Telephone: 0800 1111 anytime
www.childline.org.uk

Samaritans

Telephone: 116 123 anytime

FURTHER ADVICE FOR PARENTS AND CARERS

Mood Juice

<https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/bereavement-and-grief-self-help-guide>

Cruse Bereavement Care

<https://www.cruse.org.uk/organisations/grief-booklets/>

Grief Encounter Guides

<https://www.griefencounter.org.uk/get-support/support-services/grief-guides/>

BOOKS AND RESOURCES

Winston's Wish

<https://www.winstonswish.org/suggested-reading-list/>

Child Bereavement UK

<https://www.childbereavementuk.org/resources-for-adults-supporting-bereaved-children-and-young-people>

NATIONAL SERVICES AND WEBSITES

Ashgate Hospice Care

Bereaved children supported: Around an expected (palliative care) death
Area covered: North Derbyshire
Age: 0 to 18 years
Contact: 01246 568801

Treetops Hospice Bereavement Support Service

Bereaved children supported: Whatever the cause of death
Area covered: Geographical coverage: Southern Derbyshire Derby City
Age: 3 to 17 years
Contact: 0115 949 6944

Blythe House Hospice

Bereaved children supported: Whatever the cause of death
Area covered: High Peak Derbyshire
Age: 4 to 18 years
Contact: 01298 815 388

AtaLoss

A website that will provide signposting to appropriate local bereavement services:
<https://www.ataloss.org/>

Cruse

- Freephone national helpline: 0808 808 1766
- Administration: 020 8939 9530

www.cruse.org.uk

www.hopeagain.org.uk

Child Bereavement UK

(support for families and professionals)
Tel: 0800 02 888 40

www.childbereavementuk.org

Support line, information and resources for children, adults and professionals who have been bereaved.

Training courses on bereavement for health care and other professional.

Winston's Wish

(charity for bereaved children)

Telephone (Family Line) 08088 020 021

www.winstonswish.org.uk

National helpline, website with activities for children, direct support for families bereaved through suicide, murder or manslaughter, resources and training courses.

Grief Encounter

Telephone: 0808 802 0111 (Mon-Fri 9-9pm)

www.griefencounter.org.uk

GriefTalk call, email or instant chat support for bereaved CYP and those caring for them 9am-9pm Monday to Friday.

Childhood Bereavement Network

(support for people supporting children)

www.childhoodbereavementnetwork.org.uk/

Information about bereavement and links to services, training.

Blue Cross

(support for the death of a pet)

www.bluecross.org.uk

Email: pbssmail@bluecross.org.uk

Tel: 0800 096 6606 every day from 8.30am to 8.30 pm.

Lost for Words

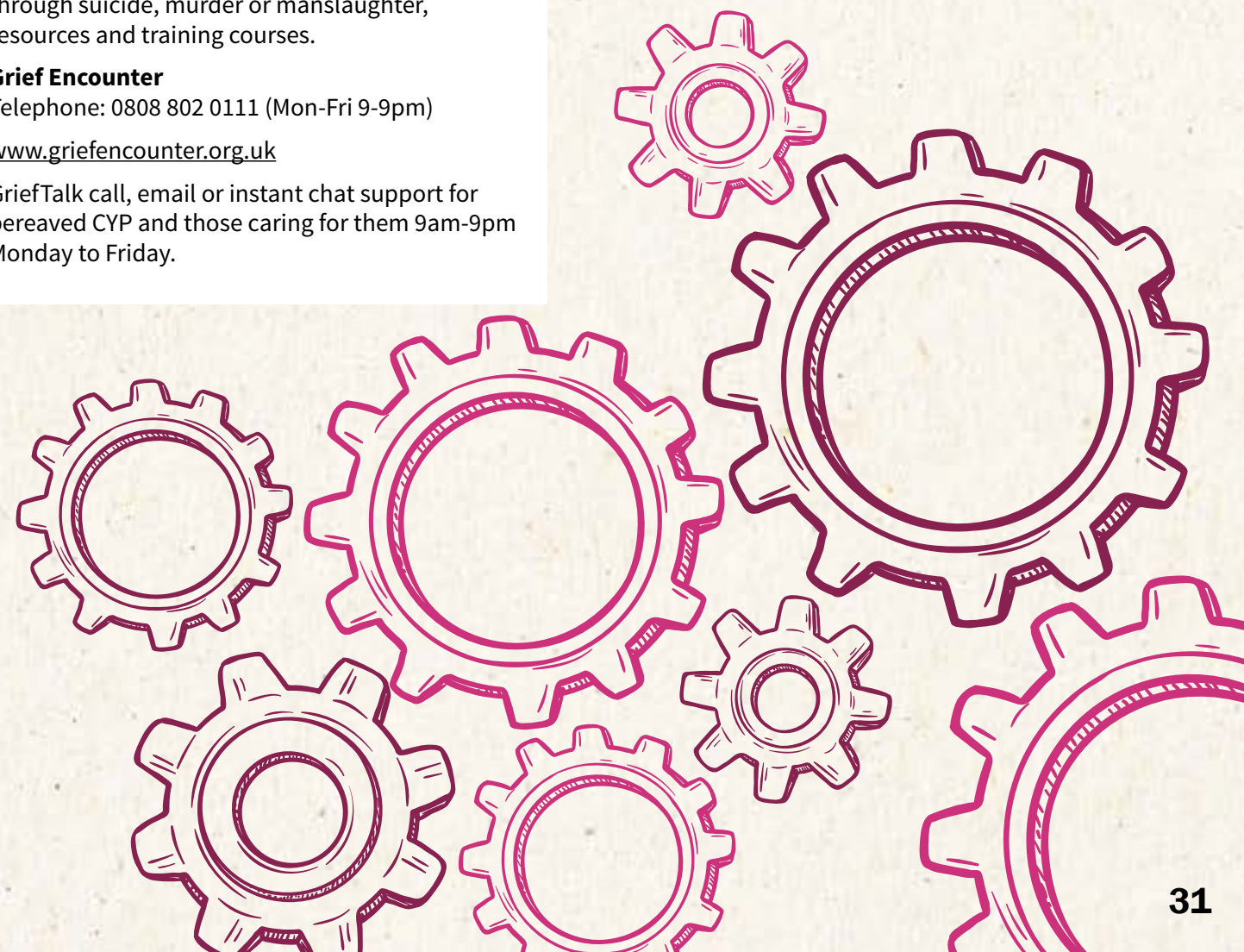
Many bereaved children are left lost for words by death, others simply haven't enough words to express themselves. This resource shares supportive words and emojis from children who know how it feels.

<https://childhoodbereavementnetwork.org.uk/get-involved/resources/resources-families/lost-words>

ELSA Support

Elsa Support have developed a resource pack that can be downloaded:

<https://www.elsa-support.co.uk/bereavement-resources-for-parents-and-school-staff/>



SUPPORT OPTIONS

CRITICAL INCIDENT SUPPORT

Derbyshire Educational Psychology Service

Provides timely support for senior leaders in schools when unexpected, traumatic events occur which are beyond the school's capacity to manage. The service continues to offer support for headteachers and senior leaders in schools to ensure the psychological wellbeing of the school community. In the current period of uncertainty due to coronavirus they have tailored their general critical incident support to adapt and respond to the new challenges schools are facing.

In case of a critical incident the school's Educational Psychologist can be contacted directly or an email sent to one of the office admins emails below. A psychologist will then get in touch with the school by the next working day, to identify what support is required.

edpsych.adminBuxton@derbyshire.gov.uk

edpsych.adminChesterfield@derbyshire.gov.uk

edpsych.adminDenby@derbyshire.gov.uk

DERBY CITY (STePS) EDUCATIONAL PSYCHOLOGY SERVICE

Derby City (STePS) Educational Psychology Service is ready to assist schools when unexpected and traumatic events compromise a school's capacity to manage. This will focus on support for leadership, staff and CYP to support the psychological wellbeing of the whole school community. In the current period of uncertainty, a critical incident is more likely. Additionally, whilst we are struggling with the effects of this pandemic, our critical incident support can work alongside school staff with the potentially traumatic and upsetting effects of loss and bereavement.

Normally, the school's Educational Psychologist should be contacted directly, or through an email sent to StepsAdmin@derby.gov.uk or, if urgent, telephone: (STePS) admin 01332 641400

The Tomorrow Project

We can offer information, advice and emotional support to anyone who is feeling suicidal, anyone affected by suicide (friend, family, community members) and professionals who are worried about someone they are supporting.

<http://www.tomorrowproject.org.uk/need-help/who-can-help>

OCD

INFORMATION

NATIONAL WEBSITES

CAMHS Websites

www.camhsnorthderbyshire.nhs.uk

<https://www.derbyshirehealthcareft.nhs.uk/services/childrens-mental-health-services-camhs-derby-and-southern-derbyshire>

OCD-UK

A national OCD charity, run by, and for people with lived experience of OCD.

<https://www.ocduk.org>

This service also offers parent webinars and a helpline.

OCD Action

OCD symptoms and support:

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

Young Minds

<https://www.youngminds.org.uk/young-person/mental-health-conditions/ocd/>

NHS

<https://www.nhs.uk/mental-health/conditions/obsessive-compulsive-disorder-ocd/>

BOOKS AND RESOURCES

What to Do When Your Brain Gets Stuck

by Dawn Huebner

OCD UK

<https://www.ocduk.org/product-category/books/>

APPS

<https://www.camhs-resources.co.uk/apps-1>

SUPPORT OPTIONS

GETTING ADVICE/ GETTING HELP/ OR EMERGING CONCERNS

For example, evidence of obsessive behaviours in some areas of the child's life but not significantly impacting on day-to-day functioning.

In-house support

Such as: pastoral support, nurture groups

ELSA worker input, SENCO support, school counsellor/Emotional Wellbeing Practitioners, Family Support worker, Education support services (e.g. Educational Psychology, Behaviour Support, Autism Outreach) Pro social activities after school or in the community.

Your family support worker (FSW) may have access to a community directory of local groups.

SCA Consultation

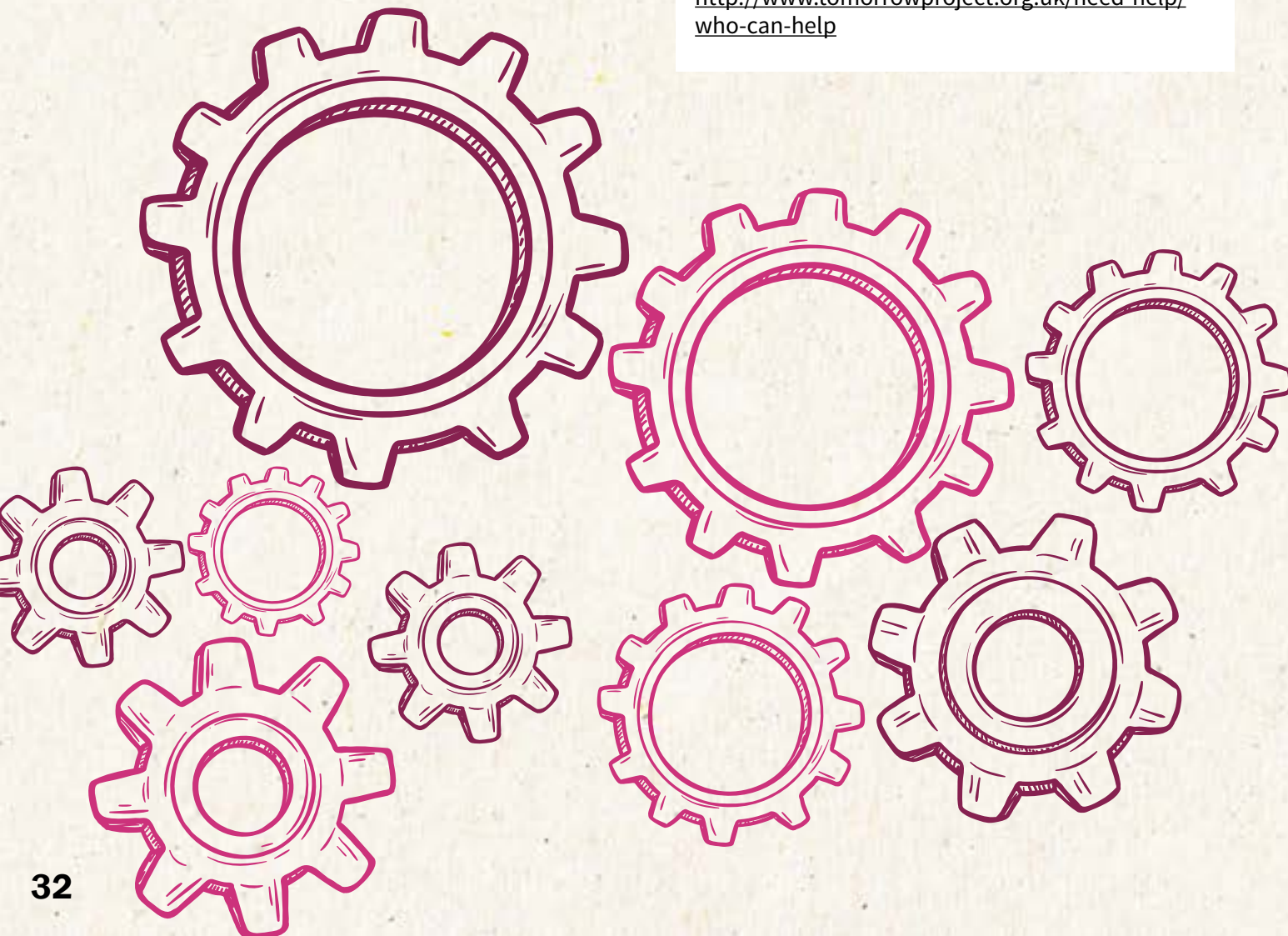
- Enhance understanding and help devise support plans
- Bolster in-house support
- Provide training to those offering support, or to
- Help identify alternative external services such as:

School Early Help Offer/Early Help Assessment

This may be indicated to help understand and address any stressors linked to presenting difficulties e.g. systemic concerns. More advice around this can be sought from the Early Help Advisors.

Parent/Carer Support

Parents are likely to need advice and support to help their child. Ensure good communication and parental involvement in support or safety plans.



24 hr Mental Health Helpline
0800 028 0077

<https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service>

IAPTS Services for 16+

Please call the provider to discuss suitability prior to referral.

<https://joinedupcarederbyshire.co.uk/your-services/improving-access-to-psychological-therapies-iapt/>

Getting More Help/ Further Support

For example, anxiety is having a big impact on the child's life, impacting on several areas such as home and school and/or there may be other co-existing mental health difficulties.

Specialist CAMHS

North Derbyshire referrals can be made by any professional using the CAMHS referral form which can be found on the website:

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

South Derbyshire and Derby

Referrals are made via the Single Point of Access system.

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

CAMHS Duty Workers

These workers are available five days a week during working hours for advice regarding CYP on the CAMHS waiting list who you may be concerned about.

Contact:

North Derbyshire: 01246 514412

High Peak and North Dales: 01298 72445

Southern Derbyshire and City: 0300 123 9164

SCA Consultation

- Waiting list support to staff involved in supporting the child/young person
- Provide training to professionals as required
- Advice on safety plans and crisis management

24 hr Mental Health Helpline
0800 028 0077

<https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service>

GETTING RISK SUPPORT/ CRISIS OR URGENT SUPPORT

North Derbyshire Urgent Care Team

<https://www.camhsnorthderbyshire.nhs.uk/urgent-care>

Available seven days a week 10am -10pm:
07901 330 724

South Derbyshire and Derby City CAMHS Duty Team

Please call the CAMHS duty professional if your concern is between the hours on 9am- 5pm for advice and guidance about best next steps.

Tel: 0300 123 9164

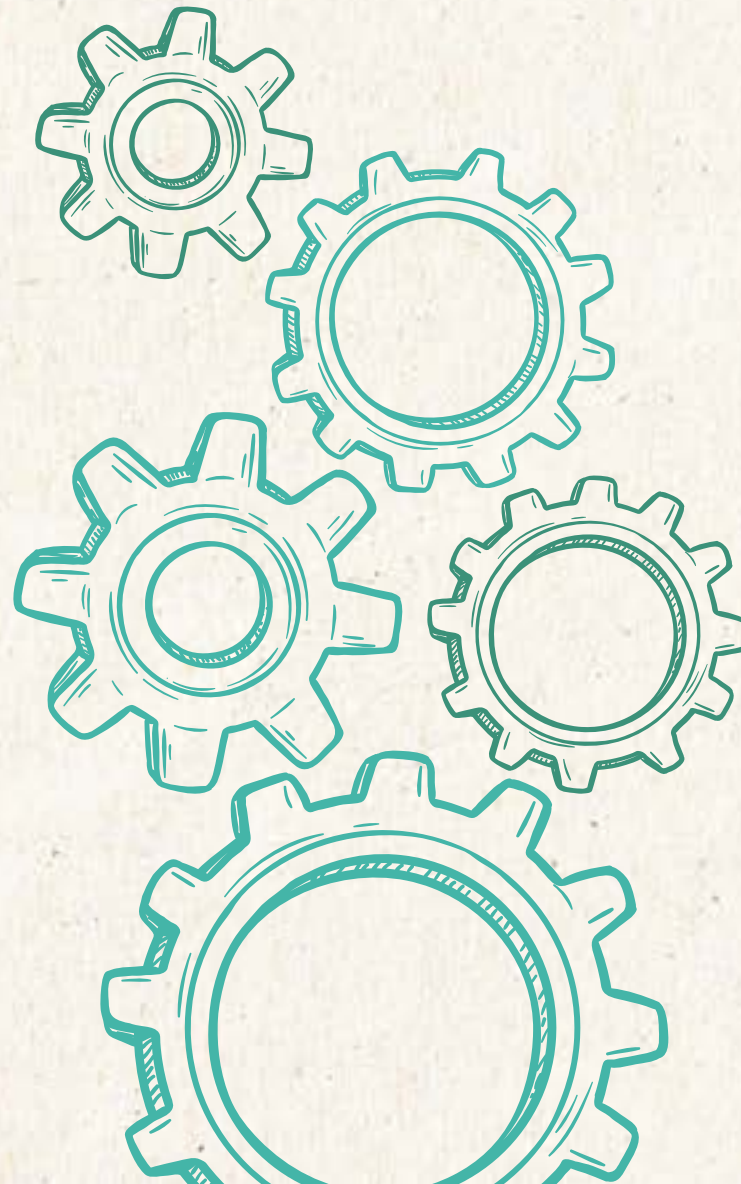
24/7 Urgent Helpline and Support Service for Adults and CYP in Derbyshire

Call: 0800 028 0077 any time of the day or night.

<https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service>

This helpline is open to both professionals and parents/young people.

Accident and emergency/ambulance may be necessary in some cases. Ring 999.



PSYCHOSIS

INFORMATION

NATIONAL WEBSITES

CAMHS Websites

www.camhsnorthderbyshire.nhs.uk

<https://www.derbyshirehealthcareft.nhs.uk/services/childrens-mental-health-services-camhs-derby-and-southern-derbyshire>

National Resources and Websites

YoungMinds

<https://www.youngminds.org.uk/young-person/mental-health-conditions/psychosis/>

Mind

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/psychosis/useful-contacts/>

Understanding Psychosis Guide

https://www.samh.org.uk/documents/SAMH_Understanding_Psychosis.pdf

SUPPORT OPTIONS

GETTING ADVICE/ GETTING HELP/ OR EMERGING CONCERNS

Child or young person demonstrating unusual behaviours or reporting visual or auditory hallucinations with accompanying high levels of distress.

SCA Consultation

- Enhance understanding and help devise support plans
- Bolster in-house support
- Provide training to those offering support, or to
- Help identify alternative external services such as:

School Early Help Offer/Early Help Assessment

This may be indicated to help understand and address any stressors linked to presenting difficulties e.g. systemic concerns. More advice around this can be sought from the Early Help Advisors.

Parent/Carer Support

Parents are likely to need advice and support to help their child. Ensure good communication and parental involvement in support or safety plans.

24 hr Mental Health Helpline

Tel: 0800 028 0077

<https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service>

Getting More Help/ Further Support

For example, concerns about the young person's deteriorating mental health which may be impacting their or others safety and ability to function in everyday life e.g. school, activities they enjoy.

Specialist CAMHS

North Derbyshire Referrals can be made by any professional using the CAMHS referral form which can be found on the website:

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

South Derbyshire and Derby

Referrals are made via the Single Point of Access system:

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

CAMHS Duty Workers

These workers are available five days a week during working hours for advice regarding CYP on the CAMHS waiting list who you may be concerned about.

Contact:

North Derbyshire: 01246 514412

High Peak and North Dales: 01298 72445

Southern Derbyshire and City: 0300 123 9164

CAMHS may involve the following service in the CYP assessment:

Early Intervention Service

Early intervention in psychosis: Derbyshire Healthcare NHS Foundation Trust.

<https://www.derbyshirehealthcareft.nhs.uk>

The Early Intervention in Psychosis Service (DEIPS) is for people aged 14 to 64 who experience psychosis for the first time.

<https://www.derbyshirehealthcareft.nhs.uk/services/mental-health-and-emotional-wellbeing/early-intervention-psychosis>

Derby City and South Derbyshire

Early Intervention Service St Andrews House, 201 London Road, Derby, DE1 2TZ.

Telephone: 0300 123 3239

North Derbyshire

Early Intervention Service, Bay heath House, Rose Hill West, Chesterfield S40 1JF.

Telephone: 0300 123 4451

SCA Consultation

- Waiting list support to staff involved in supporting the child/young person
- Provide training to professionals as required
- Advice on safety plans and crisis management

24 hr Mental Health Helpline

0800 028 0077

<https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service>

GETTING RISK SUPPORT/ CRISIS OR URGENT SUPPORT

For example, if mood/presentation deteriorates significantly and the CYP is expressing increasing suicidal thoughts and has plans to harm themselves.

24 hr Mental Health Helpline

0800 028 0077

<https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service>

North Derbyshire Urgent Care Team

<https://www.camhsnorthderbyshire.nhs.uk/urgent-care>

UCT is a team of practitioners who will respond to acute mental health presentation in young people under the age of 18. They will respond within four hours if your mental health presentation is serious and you are seriously self-harming, or you present with serious suicidal thoughts. Available seven days a week 10am -10pm.

Tel: 07901 330 724

South Derbyshire and Derby City CAMHS Duty Team

Please call the CAMHS duty professional if your concern is between the hours on 9am- 5pm for advice and guidance about best next steps.

Tel: 0300 123 9164

24/7 Urgent Helpline and Support Service for Adults and CYP in Derbyshire

Call: 0800 028 0077 any time of the day or night.

<https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service>

This helpline is open to both professionals and parents/young people.

PLEASE CONTACT:

yvonne.wright@derbyshire.gov.uk
regarding changes/suggestions.