

ARE YOU WORRIED ABOUT A CHILD?

CAMHS stands for Child and Adolescent Mental Health Services.

CAMHS support covers depression, problems with food, self-harm, abuse, violence or anger, bipolar, schizophrenia and anxiety, to name a few.

There are local NHS CAMHS services around the UK, with teams made up of nurses, therapists, psychologists, support workers and social workers, as well as other professionals.

Call **CAMHS** at **The Royal Hospital, Calow** on **01246 277271** or **01246 514412**

If you have any concerns about a child's welfare, please do contact your local children's **Social Care Duty Team**. They're available 24 hours a day.

Whilst you may be concerned about involving social services, these teams do more than check up on children's welfare. If a family is struggling, they can organise early help and support for the children and parents, before any problems become advanced and harder to solve.

Call on **01629 533190** or via the **derbyshire.gov.uk** website.

WHAT IF MY CHILD WANTS TO TALK?

Telephone helpline, Online 1-2-1 counsellor chat, Email a counsellor through the **CHILDLINE** website. Childline is a counselling service for children and young people up to their 19th birthday in the United Kingdom provided by the **NSPCC**.

ChildLine are able to speak to your child no matter what the issue or problem is and will be able to help or they will be able to tell you who to contact.

Call on **0800 1111** or via the **childline.org.uk** website.



WHAT, WHERE, WHEN?

Where can I go for help when **School** isn't open?

WHEN DO I CALL 101 OR 999?

101 is available 24 hours a day, 7 days a week. You should **call 101** if you want to talk to your local police officer, get crime prevention advice, or report a crime that does not need an emergency response, for example: if your car has been stolen.

When to dial **999** – life-threatening emergencies. **Call 999** in a medical emergency – when someone is seriously ill or injured and their life is at risk.

In addition to **101** and **999**. NHS **111** is a new telephone service being introduced to make it easier for you to access local health services, when you have an **urgent** need.

SUFFERING LOSS OR BEREAVEMENT?

Cruse offers face-to-face, telephone, email and website support. They have a Freephone national helpline and local services, and a website (hopeagain.org.uk) specifically for children and young people.

They are able to help all ages so both parents and students can call for help.
Call **Cruse** on **0808 808 1677**

ADULTS - IT HELPS TO TALK

Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout the United Kingdom and Ireland, often through their telephone helpline.

Call Samaritans on **116 123** or E-mail jo@samaritans.org

Trent PTS is an approved NHS provider of psychological therapies. We are commissioned by the NHS to provide free, flexible, responsive and accessible high quality psychological therapy services, so there is no cost to you. We provide treatment for: depression, anxiety, loss, grief, trauma, relationship problems and many other conditions.

Call **Trent TPS** on **01246 387 498**

WALKING ON EGG SHELLS?

The **Elm Foundation** is a specialist and experienced provider of Domestic Abuse services. ... They are a local charity, which offers a range of services appropriate to individual need to help and support men, women and children who are affected by Domestic Abuse.

If you have experienced domestic abuse and need support, advice or a place of safety or know someone who is, phone the Derbyshire Domestic Abuse number **0800 0198 668**, Text **07557800313** or E-mail derbyshireDAHeline@actionorg.uk

At **Relate Chesterfield & NE Derbyshire** we offer support to people who are experiencing difficulties in their relationships and want to sort things out. Whether this is arguing, an affair, loss of interest, taking each other for granted, communication difficulties, lack of time for each other or something else – there are many reasons why people come to **Chesterfield Relate**.

Call **Relate** on 01246 231010 or E-mail admin@relatechesterfield.org.uk

