

# Joined Up Care Derbyshire

## **Targeted Intervention Community Triage Communications**

### **Children, Young People & Parents**

There are a range of ways in which the NHS can support your emotional health and wellbeing. If you are a child or young person who is experiencing depression, low mood, stress, panic or anxiety, or need wider emotional support due to the impact of the COVID-19 pandemic then it is really important to stay calm and to get help.

Across Derby and Derbyshire there are a range of organisations working together to offer free support during the COVID- 19 pandemic.

If you need urgent help you can call 0300 790 0596 between the hours of 9am and midnight, seven days a week visit: <https://www.derbyshirehealthcareft.nhs.uk/getting-help/coronavirus-covid-19/mental-health-support-line> where specialist mental health professionals will be there to help

To find local information about support you can access yourself, this is available via the Derby and Derbyshire Emotional Health & Wellbeing Website: [www.derbyandderbyshireemotionalhealthandwellbeing.uk](http://www.derbyandderbyshireemotionalhealthandwellbeing.uk)