



BROOKFIELD COMMUNITY SCHOOL

COMMITTED TO EXCELLENCE

YOUR MENTAL HEALTH

MENTAL HEALTH

Kooth - Free online counselling for young people
www.kooth.com

Qwell - Free online counselling adults
www.xenzone.com/qwell

CAMHS (Core/NHS) - Chesterfield Royal Hospital
01246 514412

Urgent Care Team - 10am-10pm 07901 330724
(for emergency mental health needs only)
www.derbyshirehealthcareft.nhs.uk/getting-help/help-mental-health-crisis

CEOP support (online safety) - www.ceop.police.uk

Samaritans - 116 123

NSPCC - 0808 800 5000 / help@nspcc.org.uk

Childline - 0800 1111 / www.childline.org.uk

Anna Freud - On My Mind:

A range of sources of support for students in relation to mental health and well being.

FREE NHS COUNSELLING SERVICES AGE 16+

Trent PTS - 01246 387488
www.trentpts.co.uk

Talking MH - 01246 274812
www.derbyshirehealthcareft.nhs.uk/contact-us

Relate (children and adults) - 01246 231010
www.relatechesterfield.org.uk

ChatHealth - Health for Teens
www.healthforteens.co.uk/health/about-chathealth

DRUG AND ALCOHOL SUPPORT SERVICES

DAAS - Derbyshire alcohol support services
01246 206514 / www.daas.uk.com

Derbyshire Recovery Service For Drug And Alcohol Addiction - 01246 206514
www.derbyshirerecoverypartnership.co.uk

Young People Substance Abuse Support
01773 303646
www.changegrowlive.org/young-peoples-service-derbyshire/info

DOMESTIC ABUSE - EMOTIONAL AND PHYSICAL

Elm Foundation - 01246 540464
theelmfoundation.org.uk

Derbyshire County Council - 0800 0198 668
www.chesterfield.gov.uk/living-here/people-and-families/domestic-abuse

For support outside normal working hours, phone Call Derbyshire on 01629 533190 or in an emergency phone the police on 999

Crossroads - 01457 856675
www.crossroadsderbyshire.org

LOCAL FOODBANKS

Chesterfield Foodbank - 07984 589456
www.chesterfield.foodbank.org.uk

CHILD AND ADULT SAFEGUARDING

Adults - 01629 533190

www.derbyshire.gov.uk/social-health/adult-care-and-wellbeing/keeping-safe/keeping-adults-safe/keeping-vulnerable-adults-safe.aspx

Children

If you believe that any child is in danger ring Call Derbyshire tel: 01629 533190 choosing the option for urgent child protection calls at any time. Or contact the police by ringing their call centre number tel: 101 (24 hours per day).

Where families and young people may need additional support & early help:
www.derbyshire.gov.uk/social-health/children-and-families/support-for-families/support-for-families-and-early-help

GENERAL

111

For non-urgent health assistance

101

Police - Non-emergency assistance and advice

999

Emergency / life threatening events only
Police, Fire, Health.