



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

Useful helplines to support parents/carers who are worried about their child's mental health 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 your child/ 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 SPA (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.