



Parent & Young People Resource Pack

This resource pack brings together key local and national services available to parents, carers, and young people in Derbyshire and Chesterfield. Each entry includes a short description of what the service provides, who it supports, and how to access help.

Mental Health & Wellbeing

Kooth: Free, safe, and anonymous online mental health support for young people. [Visit website](#)

VitaMinds: NHS talking therapies service offering mental health support for adults experiencing low mood, anxiety, or stress. [Visit website](#)

Mind / Young Minds: Mental health charities providing resources, campaigns, and support for both adults and young people. [Visit website](#)

Compass Changing Lives: Confidential, early intervention and emotional wellbeing support to children and young people (aged 5–18) across Derby and Derbyshire. [Visit Website](#)

Crisis & Self-Harm Support

Shout: Free, confidential, 24/7 text support service for anyone struggling to cope. Text SHOUT to 85258. [Visit website](#)

Samaritans: 24/7 listening support for anyone in emotional distress or at risk of suicide. Call 116 123 free. [Visit website](#)

Papyrus HOPELINEUK: Suicide prevention helpline for young people under 35, offering advice and support. Call 0800 068 4141. [Visit website](#)

CALM: Helpline and webchat support for men at risk of suicide or crisis. [Visit website](#)

Self-Injury Support: National service supporting women and girls affected by self-harm. [Visit website](#)

Harmless: Nottingham-based charity providing self-harm and suicide prevention support. [Visit website](#)

CAMHS Crisis Team: NHS urgent mental health support for young people experiencing crisis. Access via NHS referral or 111. [Visit website](#)

Domestic Abuse & Sexual Violence

SV2 (Supporting Victims of Sexual Violence): Specialist service supporting anyone who has experienced sexual violence or abuse, offering counselling and advocacy. [Visit website](#)

Elm Foundation: Derbyshire domestic abuse service providing refuge, outreach, and support for individuals and families. [Visit Website](#)

Cross Roads: Support for individuals and families experiencing domestic abuse, including outreach and group programmes. [Visit Website](#)

National Domestic Abuse Helpline (Refuge): 24/7 support for people experiencing domestic abuse. Call 0808 2000 247. [Visit website](#)

Substance Use & Addictions

Change Grow Live (CGL): Drug and alcohol recovery service offering advice, support, and structured programmes. [Visit website](#)

GamCare: Support for anyone affected by problem gambling, including helpline and online resources. [Visit website](#)

Talk to Frank: National drug education service providing honest information about drugs and their effects. [Visit website](#)

Physical & Emotional Health

DCHS School Nursing Team: Support for children and young people around health, wellbeing, and development. Ask your school to find out more about your school nurse and when you can visit a drop-in session.

Chat Health: Confidential text service for young people and parents to speak with a school nurse for health advice- 07507 330025.

NHS 111: 24/7 helpline and online service providing urgent but non-emergency medical advice. [Visit website](#)

Youth & Parenting Support

Childline: Confidential helpline and online support for children and young people up to 19. Call 0800 1111. [Visit website](#)

NSPCC: National Society for the Prevention of Cruelty to Children – safeguarding support and helpline. [Visit website](#)

Young Carers Derbyshire: Support for young people caring for a family member with illness, disability, or substance issues. [Visit website](#)

Family Lives: National parenting charity offering advice, helpline, and support forums. [Visit website](#)

BLEND (Youth Work): Youth project providing activities, support, and safe spaces for young people including different activity groups. [Visit website](#)

Just Good Friends: Social support group for young people with special educational needs. [Visit website](#)

Special Educational Needs (SEN)

Fairplay: Charity supporting children and young people with disabilities and their families through activities and advocacy. [Visit website](#)

Neuro Hub: Local support service for children and young people with neurodiverse conditions and their families. [Visit website](#)

Housing, Finance & Practical Support

P3 Housing: Housing support and advice for people who are homeless or at risk of homelessness. [Visit website](#)

Citizens Advice: Free, confidential advice on money, housing, benefits, debt, and employment issues. [Visit website](#)

Derbyshire Low Level Support Service: Supporting adults to live independently. [Visit website](#)

Food Banks (Derbyshire & Chesterfield): Emergency food provision for individuals and families in need. Referral usually required- referrals can usually be made by Citizen's Advice, Social workers, GP's, Schools and Charities, including Thr1ve, amongst others.

Community Connectors: Linking people with local community resources, activities, and support. [Visit website](#)

Pathways: Support for people experiencing homelessness or housing instability in Chesterfield. [Visit website](#)

Employment, Education & Training

Youth Employment Support (YES) Derbyshire: Help for young people to access jobs, training, or apprenticeships. [Visit website](#)

Derbyshire Disability Employment Service: Employment support for people with disabilities or long-term health conditions, including mental health conditions. [Visit website](#)

King's Trust: Support for 16–30-year-olds into employment, training, or business start-up opportunities. [Visit website](#)

DIASS (Derbyshire Information, Advice and Support Service for SEND): Supporting young people and their families with advice and information around education, EHCP's and more. [Visit website](#)

General & Adult Support

Adult Social Prescribing: Link workers who connect adults with non-medical services to support health and wellbeing. Contact your GP to find out more.

Social Care Services: Support for children, families, and vulnerable adults via Derbyshire County Council. [Visit website](#)

The Mix: Support service for under 25's covering mental health, relationships, money, and work. [Visit website](#)

Local Council Services: Information, signposting, and practical support via Derbyshire County and Chesterfield Borough Council. [Visit website](#)