

Universal Level 1 - Getting Advice - Universal level Support. Pastoral and Response to General Concerns: These concerns are categorised as short periods of feeling like they are not able to cope but could lead to long term wellbeing issues with the potential to impact the welfare and academic progress of the student. These will be incidents which cause a student distress but do not seem to have a long term or lasting impact on well-being

What are the concerns?	Who should deal with this?	What is our response?
<p>Examples include:</p> <ul style="list-style-type: none"> • Minor illness as in headache or feeling sick • Low self-esteem/ needing reassurance • Death of a pet • Friendship problems/conflict/arguments with parents/carers/peers • Low level worry which needs reassurance such as before changes/ transitions/ tests • Short term academic stress • There is a past history of Mental Health concerns and student requires monitoring • Adjusting to a new school • Moving Home • Young Carer • Parental issues – unemployment/ Health/ Financial • Health Conditions/ diagnosis • Persistent low mood/ongoing emotional regulation difficulties/anxiety/Anger • Attachment difficulties and triggered responses • Bereavement of close family member (parents/guardian/sibling) 	<ul style="list-style-type: none"> • Class teacher/Form Tutor/TA • Pastoral Manager • Head of Learning • SEND Team where necessary 	<ul style="list-style-type: none"> • Listen to student and reassure • TA to inform Class Teacher/Form Tutor to support, monitor and report concerns, if required, to the Pastoral Manager via email or in person. • If issue does not resolve itself, move up to Tier 1 • In case of minor illness, Pastoral Manager/ Head of Learning to use judgement re student being well enough to stay in school. If student obviously needs to go home, ensure student gets to the Medical room, and medical room staff will contact home to collect or advise/administer medication etc • Clear and consistent boundaries • Positive reinforcement and praise • ASPIRE system • Adaptations to seating plan so with a supportive peer • Traffic light system/Step out card • Structured class routines (T&L 7) • Check student's Student Support Plan (where applicable) • Head of Pastoral Care to consider sharing some information with class

<ul style="list-style-type: none"> • Experience of abuse including historical abuse • Self-harm/Suicidal thoughts • Suspected eating disorders • Risky behaviour – Drug- taking/Alcohol abuse/unsafe sex • Questioning gender identify or sexual orientation leading to any of the above (Questioning gender identity/sexual orientation itself is not a mental health difficulty). • Pregnancy/ Termination • In care/ fostered • Risk of exclusion from school • Cultural issues 		<p>teachers and TAs via Round Robin so aware of concerns.</p> <ul style="list-style-type: none"> • Log concern on Safeguard my School • In-school support/interventions with member of pastoral team whilst considering or awaiting external agency support. • External Agency referrals to be considered by Pastoral Team, DSL, SENCo, Early Help, School Health. School Counsellor etc (see list at end of this document) • Consider discussion with Early Help Transition Team, School Counsellor, Community CAMHs advisor etc if concerns remain. • Class teacher, form tutor and TA responsibility to monitor and report any concerns immediately through Safeguard my School.
<p>Universal Level 2: Getting more help - Targeted Support – Planned Interventions in school to address mental health concerns A sustained concern which is affecting the well-being and possibly academic progress of the young person These could be long term concerns over anxiety, mental health or depression or a response to an incident graded at Tier 2.</p>		
<ul style="list-style-type: none"> • What are the concerns? • Persistent low mood/ongoing emotional regulation difficulties/anxiety/Anger • Attachment difficulties and triggered responses • Bereavement of close family member (parents/guardian/sibling) 	<ul style="list-style-type: none"> • Who should deal with this? • Pastoral team • In house Inclusion Manager • Safeguarding team • Family support worker • SEND Team 	<ul style="list-style-type: none"> • What is our response? • Pastoral Manager to consider sharing some information with class teachers and TAs via Round Robin so aware of concerns. • Log concern My Concern • In-school support/interventions with member of pastoral team and/or

<ul style="list-style-type: none"> • Experience of abuse including historical abuse • Self-harm/Suicidal thoughts • Suspected eating disorders • Risky behaviour – Drug- taking/Alcohol abuse/unsafe sex • Questioning gender identify or sexual orientation leading to any of the above (Questioning gender identity/sexual orientation itself is not a mental health difficulty). • Pregnancy/ Termination • In care/ fostered • Risk of exclusion from school • Cultural issues (FGM) 		<p>Inclusion Manager whilst considering or awaiting external agency support.</p> <ul style="list-style-type: none"> • External Agency referrals to be considered by Pastoral Team, DSL, SENCo, Early Help, School Health. • Consider discussion with Family Support Worker re: Early Help, Inclusion Manager and /orCAMHs advisor etc if concerns remain. • Class teacher, form tutor and Pastoral Manager responsibility to monitor and report any concerns immediately through My Concern.
<p>Level 3: Getting Risk Support – professional referral to high level mental health concerns Serious and possibly life-threatening incidents which require professional intervention outside of school</p>		
What are the concerns?	Who should deal with this?	What is our response?
<p>Examples include:</p> <ul style="list-style-type: none"> • School refusal as a result of persistent low mood/ongoing emotional regulation difficulties/anxieties • Diagnosed anxiety disorder or depression • FGM • Disclosure of incident of witnessed Domestic Abuse (Physical, Emotional, Sexual Abuse or Neglect) • Disclosure of abuse (Physical, Emotional, Sexual or Neglect) In the 	<ul style="list-style-type: none"> • Report to DSL immediately • Family Support Worker • Pastoral Team 	<ul style="list-style-type: none"> • Direct immediate support from pastoral (Safeguarding) Team if a concern becomes apparent in school. Removing student to safe place in the school building to talk to an adult. DSL to consider appropriacy of contacting parents as soon as possible if incident occurs during the day (not waiting for end of the school day) • Call Derbyshire/Starting Point where there are immediate concerns re the safety of the student. Call 999 in an emergency.

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<p>family and evidence of control in relationships</p> <ul style="list-style-type: none">• Sustained self-harm• Suicide Ideation or suicide attempts• Involvement in crime• Witness in court proceedings• Grooming (can include County Lines)• Homelessness		<ul style="list-style-type: none">• If a disclosure is made, staff follow safeguarding policy• DSL to consider further consultation with social services if appropriate• Following an incident, DSL to consider a risk assessment on basis of safeguarding for suitability of student to be in school and consider positive handling with parents• DSLs to consider reduced timetable, if appropriate and in agreement with parents, LA to be informed.• Work in tandem with external professionals to support student with mental health support (as detailed in Universal Level 2).
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Thomas More Mental Health Pathways and Support

Process for accessing support is as follows:

Child is noticed to be struggling by any member of staff /Child/parent may request /self-refer for support via any staff member.

Concern shared with safeguarding team/wellbeing team via My concern/email/notes.

Level 1 : Pastoral Manager for year group/Member of the Wellbeing Team is alerted who will :

- Start a Pastoral Assessment which involves speaking with parents and child and other relevant adults/professionals
 - Liaise with the Head of Learning
- Agree best next steps in order to meet need with family and child
 - Parents will be advised to seek GP advice
- Parents advised of self help information on school website and on Derby and Derbyshire Emotional health and wellbeing website
 - Pastoral intervention may be put in place
 - Low level ad hoc emotional support
 - Meet and Greet
- Short term focussed interventions individualised to child need
 - Home visits
 - Engagement strategies
- Soothing and self-esteem building activities

- Provision of drop in as required support throughout the day
 - Sensory room time
- Child may choose to ask for support independently via School Nurse Drop in- once a week on Thursdays
- School Nurse will assess and liaise with Wellbeing Team to develop a support plan with child's agreement.

Impact/progress is reviewed at weekly meetings with wellbeing team/Mental health lead to ensure plan is effective. This may involve liaising with other professionals who are involved in care

Level 2: Further intervention considered as required.

- Refer to FSW Rachael Taylor for more in depth EHA and coordination of support through TAF meetings.
- Refer to Inclusion Manager Lucy Brocklesby. Lucy offers support for students who are suffering with their mental health. She offers coping mechanisms, supports students who are at risk of exclusion. Students who are sent who may need help in regulation. Lucy will support students who may be having a tricky time at home such as a parent being unwell or a pet dying. Lucy is open to all students who are facing hardship.
- School Nurse. The School Nurse offers support to students who may be struggling to attend school, suffering from emotional distress, show signs of risky behaviours such as self harm or of a sexual nature/substance misuse. Students who are struggling with diet and sleep or students that are young carers.
 - Thomas Theyer- Support Children and young people with additional needs and those experiencing difficult life circumstances.
 - Kooth - online independently accessed emotional support

Level 3: External Support required-

(See detailed breakdown of external support below)

Children with SEND

Mental health support overseen by SEND Department with close communication with Wellbeing/Safeguarding Team

Individualised Support Plan devised and shared with all school staff as per SEND policies

If new mental health concerns arise:

Support Plan reviewed by SEND Team and consideration given to accessing additional support from internal offer or external services as above.

Access to ELSA support in addition to Level 2 offer

Urgent Presentations

(Safeguarding policy to be referred to here)

Consider contacting:

CAMHS Duty Worker – 01298 72445 – office hours

CAMHS Urgent Care Team – 07901 330724 - 10am till 10pm 7 days a week

Derbyshire 24 hour Mental Health Helpline – 0800 028 0077

Police/Ambulance - 999

Safeguarding: External agencies and support

Mental Health and Wellbeing Services

Mind

Provide advice and support to empower anyone experiencing a mental health problem.

Website: <https://www.mind.org.uk/>

Telephone: 0300 123 3393

Samaritans

A common crisis charity that are available 24/7 for free – on the phone 116 123. The Samaritans will listen to any problems no matter how big or small, they will not give advice but might signpost to appropriate services that could help.

Website: <https://www.samaritans.org>

Telephone: 116 123

Build Sound Minds – Action for Children

The Service is a comprehensive early intervention service for children and young people aged 0-17 who are experiencing mild to moderate mental health difficulties

Website: <https://services.actionforchildren.org.uk/derbyshire/build-sound-minds/>

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Kooth

Kooth have created a repository of different resources to help you approach the subject of mental health with young people. Whether you're a teacher, social worker or even a parent – we hope you'll find these helpful. Check out their website to browse through the assets available.

Website: <https://www.kooth.com/>

Sane

Offers emotional support and information to anyone affected by mental illness, including family members, carers and friends.

Website: [http://www.sane.org.uk/\(opens in new tab\)](http://www.sane.org.uk/(opens in new tab))

Tel: 0800 132 7000

Shout

24/7 TEXT SERVICE Free on all major networks. It's a place to go if you're struggling to cope and you need immediate help.

Website: <https://giveusashout.org/>

Text: 85258

YoungMinds

Youngminds provide mental health resources and help to young people. They give support and guidance around emotional well being.

Website: <https://youngminds.org.uk/find-help/get-urgent-help/>

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Derbyshire NHS

Urgent help in a mental health crisis

Website: <https://www.derbyshirehealthcareft.nhs.uk/getting-help/help-mental-health-crisis>

Text: 0800 028 0077

Anna Freud

Anna Freud has developed and delivered pioneering mental health care for over 70 years

Website: <https://www.annafreud.org/>

Text: (0)20 7794 2313

Exam Stress

NHS

Tests and exams can be a challenging part of school life for children and young people and their parents or carers. But there are ways to ease the stress.

Website: <https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-exam-stress/>

Student Minds

Working towards exams can create feelings of worry and being under pressure.

Website: <https://www.studentminds.org.uk/>

YoungMinds

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Youngminds provide mental health resources and help to young people. They give support and guidance around emotional well being.

Website: <https://youngminds.org.uk/find-help/get-urgent-help/>

Text: 85258 (for urgent help)

Depression and Anxiety

Anxiety UK

Anxiety UK provide self-help leaflets and information on self-help groups for those suffering with anxiety disorders.

Website: <https://www.anxietyuk.org.uk/>

No Panic

No Panic helps people who suffer from anxiety disorders, including obsessive compulsive disorder, panic attacks and phobias.

Website: <https://nopanic.org.uk/youth-helpline-services/>

Students Against Depression

The Students Against Depression website offers advice, guidance, information and resources for those affected by low mood, depression and suicidal thinking. It also provides tips and advice for those helping others.

Website: <https://www.studentsagainstdepression.org/>

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The Mix

The Mix supports young people under 25 years. They help with today's challenges, health, money issues, relationship break-ups, drugs, family concerns and even finding work.

Website: <https://www.themix.org.uk/get-support>

Tel: 0808 808 4994

Self Harm

Alumina

Alumina is a free, online 7 week course for young people struggling with self-harm. Free online support for 14-19 year old's.

Website: <https://selfharm.co.uk/>

Harmless

Harmless is a user-led organisation that provides a range of services about self-harm, including support and information to people who self-harm, their friends, families and professionals.

Website: <https://harmless.org.uk/>

Self-Injury Support

Self Injury Support provides free, confidential support around self-harm and related issues, to women and girls up to the age of 24.

Website: <https://www.selfinjurysupport.org.uk/>

Eating Disorders and Body Image

First Steps Derbyshire

Derbyshire's only eating disorders charity, supporting people affected by eating difficulties and disorders.

Website: <https://firststepsed.co.uk/>

Text: 0300 102 1685

FREED Beeches Eating Disorders Service

A free service for adults and adolescents aged 14+ suffering from anorexia nervosa, bulimia nervosa, binge eating disorder (18+ only) and OSFED.

Website: <https://www.freedbeeches.org.uk/>

Text: 01909 479 922

Beat

Beat provides information on eating disorders and offers support to assist recovery.

Website: <https://www.beateatingdisorders.org.uk/support-services>

Text: 0808 801 0677

Seed

We are a group of ordinary people with first hand experience of eating disorders, who make a difference to those people whose lives are blighted by this devastating illness.

Website: <https://seed.charity/>

Alcohol and Drugs

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rehab4addiction

At Rehab 4 Addiction, we believe that overcoming substance abuse takes a holistic approach. Our programmes bring in the elements of the body, mind, and for many a spiritual aspect too.

Website: <https://www.rehab4addiction.co.uk/country-wide/drug-alcohol-rehab-buxton>

Online chat service available on the website

Change Grow Live (CGL)

Support for addiction and/or wanting to cut down for a healthier lifestyle

Website: <https://www.changegrowlive.org/>

Online chat service available on the website

Space 4 U

Supporting children who are seriously affected by someone else's substance misuse

Website: <https://services.actionforchildren.org.uk/derbyshire/space-4-u/>

Frank

Need some friendly, confidential advice about drugs?

Website: <https://www.talktofrank.com/>

Tel: 0300 123 6600

Text: 82111

Bereavement Services

Blythe House Hospice Care

Blythe House Hospice care provides counselling and bereavement services as well as play therapy to children and young people aged 4 to 18 who are finding it difficult to cope if a close family member has been diagnosed with a life-limiting illness, or if that loved one has sadly died.

Website: <https://blythehousehospice.org.uk/our-services/counselling-and-bereavement-service/>

Tel: 01298 816 993

Cruse Bereavement Care

Offer support and advice to children, young people, and adults when a loved one dies.

Website: <https://www.cruse.org.uk/>

Tel: 0800 8080 1677

Sudden

If someone has died suddenly or early in life expectantly for any reason support can be accessed.

Website: <https://sudden.org/>

Tel: 0800 2600 400

Uksobs

Support for adults who have been bereaved by suicide. Support can be accessed through email or the online forum.

Website: <https://uksobs.org/>

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Tel: 0300 111 5065 (call charges apply)

Email: support@uksobs.org

Winston's Wish

Support children and young people after a death of a parent or sibling, and offers bereavement support for parents, carers and professionals.

Website: <https://www.winstonswish.org/>

Tel: 08088 020 021

Young Carers

Sidekick Young Carers Helpline

Confidential helpline for young carers aged 13-18 in the UK

Website: <https://sidekick.actionforchildren.org.uk/>

Text: 07888 868 059 (free if your mobile plan includes free texts)

Derbyshire Young Carer Service

Derbyshire Young Carers Service provides support to young carers across the county (excluding Derby City). We believe young carers should have the same opportunities as everyone else.

Website: <https://derbyshirecarers.co.uk/young-carers-service>

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Tel: 01773 833833

Suicide Support

Papyrus

PAPYRUS is a charity dedicated to the prevention of young suicide, giving advice, information and support to people at risk of suicide.

Website: <https://www.papyrus-uk.org/>

Tel: 0800 068 41 41

The Tomorrow Project

The Tomorrow Project is a confidential suicide prevention service set up to provide both suicide crisis and bereavement support in response to the needs and concerns of our local communities.

Website: <https://harmless.org.uk/the-tomorrow-project-3/>

Tel: 01246 541935 (Derbyshire Bereavement Support)

Domestic Violence Support

Crossroads – Derbyshire

A voluntary organisation dedicated to helping women, men, young people and children break free from domestic abuse.

Website: <https://www.crossroadsderbyshire.org/>

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Tel: 0800 019 8668 (9am to 5pm – Monday to Friday)

Childline

Offers information and support to young people who have suffered physical, emotional, sexual abuse if they have been exposed to domestic abuse.

Website: www.childline.org.uk(opens in new tab)

Tel: 0800 1111

Women's Aid

Offers many different forms of support to women and their children suffering from DV.

Website: www.womensaid.org.uk(opens in new tab)

Tel: 0808 2000247

ManKind

Confidential helpline that supports male victims of domestic abuse and violence across the UK. The helpline provides emotional support and practical support information.

Website: www.mankind.org.uk(opens in new tab)

Tel: 01823 334244 (10am – 4pm)

Respect Men's Advice Line

Provides support to men who suffer domestic abuse and offers emotional support and practical advice and information.

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Website: <https://mensadviceline.org.uk/>

Tel: 0808 8010 327 (free from landlines and mobiles)

Email: info@mensadviceline.org.uk

Stop Hate Crime

This service challenges all forms of discrimination based on an individual's identity.

Website: www.stophateuk.org(opens in new tab)

Tel: 0800 138 1625 (24 hr helpline)

Victims of Crime

Remedi

Established in 1996 with the simple aim of offering victims of crime the opportunity to engage in a restorative intervention with the person responsible.

Website: <https://www.remédiuk.org/>

Tel: 0114 2536669

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Victim Support

Charity for people affected by crime or traumatic events

Website: www.victimsupport.org.uk(opens in new tab)

Tel: 0808 168 9111

Sexual Violence Support

SV2

SV2 will support you regardless of when your experience of sexual abuse or violence occurred.

Website: <https://www.sv2.org.uk/>

Tel: 01773 746 115 (Monday – Friday, 9am to 5pm)

Parenting Support

Parent Talk – Action for Children

Down-to-earth parenting advice you can trust.

Website: <https://parents.actionforchildren.org.uk/>

1-2-1 chat available on the website

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Debt Management

Citizens Advice

This is a free service offered to everyone in the community.

Website: <https://www.citizensadvice.derbyshiredistricts.org.uk/>

Tel: 0808 278 7954 (Monday – Friday from 10am until 4pm)

Zink

Zink's advice worker will help you to resolve issues that are causing hardship or worry related to finance, benefits or housing.

Website: <https://zink.org.uk/general-advice/>

Tel: 07507 937554 (Julie)

Step Change Debt Charity

Step change offer free expert advice to help you deal with your debts and get the support you need.

Website: <https://www.stepchange.org/>

Tel: 0800 138 1111

Gambling and Gamers

GamCare

GamCare operates the National Gambling Helpline, providing information, advice and support for anyone affected by gambling harms.

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Website: <https://www.gamcare.org.uk/> (parents)

Website: <https://bigdeal.org.uk/> (young people)

Tel: 0808 8020 133

YGam

Preventing children and young people from experiencing gaming and gambling harms through awareness raising, education and research.

Website: <https://www.ygam.org/>

Sleep Support

The Sleep Charity

Do you struggle to fall asleep? Do you feel tired? Do you have a child who won't sleep in their own bed?

Website: <https://thesleepcharity.org.uk/>

Tel: 03303 530 541

Housing and Homelessness

High Peak Borough Council

You may find yourself homeless or at risk of becoming homeless for many reasons – whatever your situation the most important thing is to get advice as soon as possible

Website: <https://www.highpeak.gov.uk/Homeless>

Emergency Telephone: 0808 1692 333

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Shelter

Advice on finding a place to stay for the night. Staff at the helpline can give you immediate practical assistance, explain your rights and suggest services that may be able to help you.

Website: <https://england.shelter.org.uk/>

Tel: 0808 800 4444 (8am to 8pm Monday to Friday, 8am to 5pm at weekends)

Citizens Advice

This is a free service offered to everyone in the community.

Website: <https://www.citizensadvice.derbyshiredistricts.org.uk/>

Tel: 0808 278 7954 (Monday to Friday, from 10am until 4pm)

Financial Hardship and Support

Zink (High Peak Foodbank)

We cover Buxton, Chapel en le Frith, Hope Valley and Derbyshire Dales as far as Hartington and Bakewell.

Telephone: 01298 214926

For New Mills, please visit: <https://visitnewmills.co.uk/new-mills-helping-hands-food-bank/>

The Residents of Fairfield Association

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Supporting residents in Fairfield, including a food bank

Tel: 01298 73904 (Monday – Friday, 9:30am to 1pm)

High Peak Borough Council

Benefits and financial help

Website: <https://www.highpeak.gov.uk/benefits>

Family Health Service

Derbyshire Family Health Service – including School Nurse

Welcome to the Derbyshire Family Health Service.

Website: <https://derbyshirefamilyhealthservice.nhs.uk/contact-us>

Telephone: 01246 515100 (Monday – Friday, 9am to 4:30pm)

Support for Children and Young Peoples Physical and Mental Health

CAMHS

CAMHS stands for Child and Adolescent Mental Health Services.

Website: <https://www.camhsnorthderbyshire.nhs.uk/team-core-camhs>

Telephone: 01298 72445

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Safe Speak – Relate

At Safe Speak, we recognise the importance of the emotional health of Children and Young People. We provide counselling and other emotional health services from our offices and in Secondary and Primary schools across Derbyshire.

Website: <https://safespeak.org.uk/>

Telephone: 01332 349 177

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Website: <https://www.kooth.com/>

Thomas Theyer Foundation

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We support children and young people with special educational needs and those experiencing difficult life circumstances, their families/carers. We also provide a counselling service.

Website: <https://thomastheyerfoundation.org.uk/>

Telephone: 01298 27513

Child Sexual Exploitation

Sextortion – Victim Support

Sextortion, also known as webcam blackmail, is a form of intimate image abuse.

Website: <https://www.victimsupport.org.uk/crime-info/types-crime/sextortion/>

Telephone: 0808 1689 111

Safe & Sound

Since 2002, we have been tackling child sexual exploitation by providing high quality tailored one-to-one support to victims and young people at risk in Derby and Derbyshire.

Website: <https://www.safeandsoundgroup.org.uk/>

Telephone: 01332 362120

FACE

FACE (Fighting Against Child Exploitation) is a group of young people, male and female, who are aware of the dangers of grooming and sexual exploitation.

Website: <https://faceup2it.org/>

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Telephone or Text: 116 000

CEOP

If you have experienced online sexual abuse or you're worried this is happening to someone you know, let us know safely and securely

Website: <https://www.ceop.police.uk/safety-centre/>

Minority Support Group

Recite-me

The Recite-Me toolbar provides users with all the functions they need to understand and engage with this website and its content. The accessibility toolbar allows for interaction with all elements of the page including text, graphics, language, and navigation.

Website: <https://reciteme.com/user-guide/>

Derbyshire Autism Partnership Board

The Derbyshire Autism Partnership Board brings together people with autistic spectrum conditions, their parents, carers, local health and social care professionals and the voluntary sector to improve services for young people and adults with autism in Derbyshire and Derby City.

Website: <https://www.derbyshire.gov.uk/social-health/adult-care-and-wellbeing/disability-support/autism/autism.aspx>

Cultural Diversity in Derbyshire

To make sure everyone has an equal voice and equal opportunities

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Website: <https://www.derbyshire.gov.uk/community/cultural-diversity/cultural-diversity-in-derbyshire.aspx>

Derbyshire LGBT+

Derbyshire LGBT+ is Derbyshire's only LGBT+ specific support service. We are here to support anyone who is Lesbian, Gay, Bisexual & Transgender or anyone who is having issues with their sexual orientation or gender identity, this includes family and friends.

Website: <https://www.derbyshirelgbt.org.uk/>

Telephone: 01332 207704

Mermaids

Mermaids supports transgender, non-binary and gender-diverse children and young people, as well as their families and professionals involved in their care

Website: <https://mermaidsuk.org.uk/>

Telephone: 0808 801 0400

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