

## **Your Mental Health Matters!**

***If you feel like you are struggling with your mental health there are a lot of people you can talk to that are listed below.  
It is important you do talk to someone so you can get the right help and support.  
If you are worried about a friend, you should also let someone know.***

### **Adults at school:**

Your class teacher / Teaching Assistants/ Headteacher /  
Deputy Headteacher / The School Office

### **Other adults:**

Your GP / Your parents / Older siblings

### **Derby Safe Haven**

Derby Safe Haven

309 Burton Road, Derby, DE23 6AG

dva.org.uk

derbyandderbyshireemotionalhealthandwellbeing.uk

Every evening from 4:30 PM to 12:30 AM

Joined Up Care Derbyshire

Derby Safe Haven offers a welcoming, non-clinical environment for individuals aged 18 and over who are experiencing mental health crises or emotional distress. The service provides immediate support, aiming to de-escalate crises and connect individuals with appropriate community resources.

### **Papyrus - HOPElineUK**

A confidential support and advice service for young people under the age of 35 who may be having thoughts of suicide or anyone concerned a young person may be having thoughts of suicide.

[www.papyrus-uk.org](http://www.papyrus-uk.org)

0800 068 4141/Text 07786209697

pat@papyrus-uk.org

### **Childline**

A private and confidential service for children and young people up to the age of 19. You can talk about anything -no problem is too big or too small.

[www.childline.org.uk](http://www.childline.org.uk)

0800 1111

### **MIND**

Advice and support to empower anyone experiencing a mental health problem.

[www.mind.org.uk](http://www.mind.org.uk)