



### Workshops and interventions

- Parent workshops: evidence-based workshops full of advice, information and tips.
- Young people workshops: covering topics like relaxation and mindfulness.
- School training: sessions that help staff to identify and support common mental health challenges.

### Building strong links

We work closely with every member of school staff to make sure children get the best possible support. We also have strong links with local authorities and other mental health organisations.



### Get in touch

Want to find out more about what we do? Get in touch with the Changing Lives Team by phone or email.

Bolsover and Lady Manners area  
**07866062763**

Ormiston and Kingsmead area  
**07866062740**

Bemrose and Noel-Baker area  
**07866062732**

Central email:  
**[afcbsmdd.adminchanginglives@nhs.net](mailto:afcbsmdd.adminchanginglives@nhs.net)**

Web:  
**<https://services.actionforchildren.org.uk/derbyshire/changing-lives/>**

Twitter: **@ChangingLivesDD**

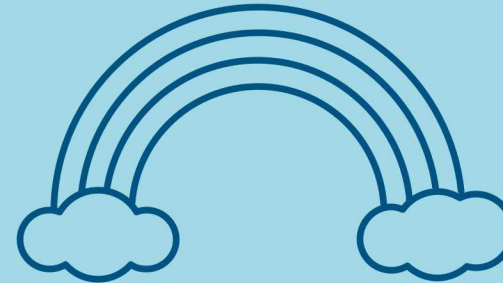
### Safe and happy childhood



Action for Children protects and supports children and young people, providing practical and emotional care and support, ensuring their voices are heard, and campaigning to bring lasting improvements to their lives.

## Changing Lives Service Derby & Derbyshire

NHS Derby & Derbyshire Clinical  
Commissioning Group



# Changing lives

### Changing Lives Service

Mental health support for children  
and young people in Derbyshire

Working in  
partnership  
with:



## About the service

Changing Lives Mental Health Support Teams (MHSTs) offer early intervention mental health support to children and young people in schools.

Our MHSTs work with 0 to 17-year-olds with mild to moderate mental health difficulties. We help them to manage low mood, anxiety, sleep problems, stress and change.

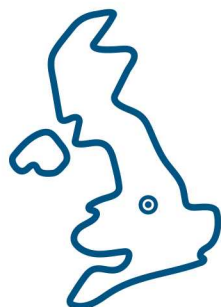
We also support 18 to 25-year-olds who have left care or who have special educational needs and disabilities (SEND).

## How it works

Six schools in Derby and Derbyshire are home to our MHST Centres of Excellence. Each has a specialist team of Educational Mental Health Practitioners.

### Our Centres of Excellence are:

- The Bolsover School.
- Lady Manners School.
- Ormiston Ilkeston Enterprise Academy.
- Kingsmead School.
- The Bemrose School.
- Noel-Baker L.E.A.D Academy.



MHSTs support staff, pupils, parents and carers at the host school and across all of their feeder schools. You can find a full list of feeder schools on our website: [services.actionforchildren.org.uk/derbyshire/changing-lives](https://services.actionforchildren.org.uk/derbyshire/changing-lives)

Each MHST offers evidence-based interventions that help children and young people with their mental health and emotional wellbeing. They also provide expert advice to school staff and leadership teams. Doing this ensures a whole school approach to mental health provision.

Our goal is to make sure children and young people get the right support at a time and place that works for them. We also want to build strong relationships with schools.

## What we offer

### Support for schools and staff

- Staff wellbeing sessions.
- Signposting to other services.
- Useful resources, including information booklets and social media assets.
- Identifying a school's strengths and areas for improvement.



### Problem solving clinics

- One-to-one clinics that help young people manage a specific challenge, for example low mood, anxiety or exam stress.
- Flexible group or one-to-one sessions for staff and families with our Education Mental Health Practitioner.

### Joint working

- Identifying children and young people who need support and contributing to Education, Health and Care Plans, and individual wellbeing.
- Expert advice and support networks for staff.
- Functional assessments and specialist one-to-one work with young people.

