

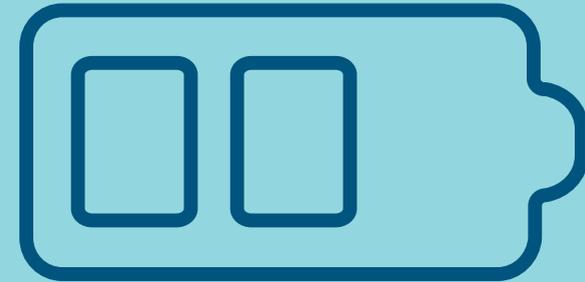
Safe and happy childhood



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.

Build Sound Minds Derby and Derbyshire

Action for Children



Recharge

Build Sound Minds Derby and Derbyshire

Build Sound Minds
Derby and Derbyshire

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Advanced Minds

Helping to build happy, healthy, minds.

Advanced Minds

- Advanced Minds is a group that has been created for young people, aged 11-15 years. The group supports young people with low mood, anxiety, and anger.
- The group is based on Cognitive Behavioural Therapy. This means we will look at how your thoughts, feelings, and behaviours are all linked. The sessions will focus on 'changing thinking' and 'changing doing' to help you feel better.
- We will not ask you to discuss anything you don't feel comfortable sharing.

How it works

- Sessions will focus on 'changing thinking' and 'changing doing' to improve your mental health and to learn new coping strategies.
- Up to 10 young people can attend the Advanced Minds group. The same people will be invited each week. The group members will be aged 11-15 years. You will also have a link member of staff who you can check in with if needed.
- Anything discussed in the group will remain confidential, meaning it will not be shared outside of the group unless we are concerned that you or someone else was at risk.

“I feel safe and valued during these sessions and the techniques have helped me a lot.” “I just wanted to say a big thank you for the sessions, you really helped me deal with my negative emotions and how to control them, and helped me open up a bit more too...” “I definitely feel like I was able to be myself in the group, it felt like talking to my friends.””

Comment from young people who attended the group.

Do you have any questions?

If you have any questions about our interventions, you have the following options:

Visit our website: www.actionforchildren.org.uk

Call our friendly team:

Derby City/South Derbyshire: 01332 679379
North Derbyshire: 01246 277422

Email us: afcbsmdd.bsm.dd@nhs.net

Action for Children also runs Parent Talk, a website and telephone chat service for parents. For more information on how to access this service, please visit <https://parents.actionforchildren.org.uk/>

