

## 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



# Work in progress

### Build Sound Minds Derby and Derbyshire

Build Sound Minds  
Derby and Derbyshire

Derby City/South Derbyshire: 01332 679379, North Derbyshire:  
01246 277422  
afcbmdd.bsm.dd@nhs.net  
actionforchildren.org.uk

### One-to-One Support Sessions

Helping to build happy, healthy minds

WORKING IN  
PARTNERSHIP  
WITH:



## One-to-One Support Sessions

- Six to eight sessions with a Family Support Practitioner delivered in school, in our offices or digitally
- Support generally provided for young people of secondary school age
- We provide Cognitive Behavioural Therapy (CBT) guided self help, which is based around a key goal agreed with the young person
- Our focus is building understanding of emotions and giving practical tools for managing difficult feelings, such as low mood, anxiety or stress



## What to expect

When one of our friendly Family Support Practitioners are allocated to your case, they will contact you to arrange an initial assessment via Microsoft Teams. The aim of this assessment is to find out more about you and chat about the goals you may want to work on.

At this point we will confirm whether one-to-one support is the best way forward for you and will book in your sessions.

Your support sessions with Build Sound Minds will be a new experience, so it's quite normal to feel a little nervous or uneasy. We appreciate this and try our best to make your first session as easy as possible for you.

## Quotations from previous referrals:

“Thank you so much for everything you have done for us – you have made such an impact” (Parent)

“Thank you so much for all the support you have given over the sessions, we have definitely seen an improvement” (Parent)

## Do you have an questions?

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

Visit our website:  
[www.actionforchildren.org.uk](http://www.actionforchildren.org.uk)

Call our friendly team:  
Derby City/South Derbyshire:  
01332 679379  
North Derbyshire: 01246 277422