

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 Debyshire

Mental and emotional wellbeing service



Back on track

Build Sound Minds Derby and Debyshire

To Request a referral form please visit our website or contact us on:

North Derbyshire: 01246 277422 Derby City/South Derbyshire:
01332 679 379
afcbmdd.bsm.dd@nhs.net
services.actionforchildren.org.uk/derbyshire/build-sound-minds/

Mental and emotional wellbeing

Providing early intervention support to children and young people aged 0-17 with mild to moderate mental health difficulties.

WORKING IN
PARTNERSHIP
WITH:



About our service

We support children and young people aged 0–17 and their families who are registered with a GP Practice in Derby and Derbyshire.

We step in early to build resilience and offer short term support around emotional health and wellbeing. We do this by building understanding and giving practical tools to manage difficult emotions.

Our team will review all referrals to make sure every child and young person gets the right support.

Our hubs

Our team is split into three hubs working across Derbyshire: North Derbyshire, South Derbyshire and Derby City

Each hub includes: Family Support Practitioners, Family Support Workers, Psychologists, Business Support and Cluster Co-ordinator

Supporting the team are: Children's Services Manager, Lead Psychologist, Senior Business Support Officer and Systemic Psychotherapists

The Build Sound Minds Derby and Derbyshire service is commissioned by the Derby and Derbyshire Integrated care Board (ICB) and is working in partnership with the Derbyshire Federation for Mental Health to deliver services in Derby and Derbyshire.

What we offer

Our teams work with children and young people aged 0–17 with mild to moderate mental health difficulties such as low mood, anxiety, simple phobias, low level self harm and managing change.

We will assess the needs of each child or young person and offer them the most appropriate intervention.

Short term one to one support delivered digitally or face to face.

For primary aged children we generally offer parent support in the form of digital groups and workshops full of advice, information and tips

Evidence based Groups for Secondary aged young people around managing anxiety and low mood

Access to Systemic Family Therapy

Our goal is to make sure that children and young people get the right support at a time and place that works for them

