

In these unusual times volunteers across local communities are coming together online support local communities. E.g. check local Community Help groups on Facebook.

If you require more formal support here are some useful contact below. Please be mindful that all services are working on reduced numbers of staff/volunteers.

CAB (Citizens Advice) across High Peak and North Dales

Phone: 0300 456 8390 <http://www.ddcab.org.uk> (main bases in Glossop, Buxton and Matlock)

Citizens Advice Derbyshire Districts runs a **Universal Credit 'help to claim' project**. This is to support people with applying for Universal Credit and any other issues up to receiving first payment. We are now based in all job centres across Derbyshire Districts, to see one of our advisers please enquire at your local job centre or contact us on our help to claim helpline: **0800 144 8 144**

FOOD BANKS across High Peak and North Dales

***Referral only:** signpost parents' to CAB to refer if they can't get hold of school/children's services

***Matlock, Bakewell Areas (Jigsaw Foodbank)**

<http://www.churchinthepeak.org> Phone: 01629 584783 Email: jigsaw@churchinthepeak.org

***Buxton, Chapel, Hope Valley Areas**

<http://www.highpeakfoodbank.co.uk> Phone: 07811 684299 Email: hello@highpeakfoodbank.co.uk

New Mills, Whaley Bridge, Hayfield Areas

Phone: 07425 177999 Email: helpinghandsnewmills@gmail.com

Glossop Area

Phone: 07811 684282 www.glossopdalefoodbank.org.uk

ADDICTION (Drugs/Alcohol) Support



**Change
Grow
Live**

<https://www.changegrowlive.org/young-peoples-service-derbyshire/info>

Derbyshire CGL is a free and confidential drug/alcohol outreach service for young people.

Tel: 01773 303646 Email: derbyshire@cgl.org.uk

DOMESTIC ABUSE Support



There is one helpline number in Derbyshire for reporting or discussing domestic abuse

Phone: 08000 198 668 Glossop, High Peak and North Dales areas are supported by

<http://www.crossroadsderbyshire.org>

SAFEGUARDING Advice

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

<https://www.nspcc.org.uk/>

If you're worried about a child, even if you're unsure, contact our professional counsellors for help, advice and support.



**STARTING
POINT**

A new way of working in Derbyshire.

If you are concerned that a child is suffering or is at risk of significant harm please contact Call Derbyshire/StartingPoint on 01629 533190

www.derbyshire.gov.uk/startingpoint

ONLINE Emotional Well-being Support

On Kooth you can

-  Chat to our friendly counsellors
-  Read articles written by young people
-  Get support from the Kooth community
-  Write in a daily journal

kooth <https://www.kooth.com/>
- an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.



Qwell is a free online Mental Health and Wellbeing resource for parents and carers of young people under the age of 18 that requires no formal referral, instead only requiring the user to set up an account on the website. Available 365 days of the year via mobile, tablet and desktop devices from 12 noon to 10pm Monday-Friday and 6pm-10pm at weekends, the service provides access to accredited counselling support, peer support via online forums and relevant articles detailing a variety of topics. <https://www.qwell.io/>

<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/#coronavirus>



A link to the Young minds website offering suggestions to try and help limit worries. <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus>



The CAMHS service in North Derbyshire (*apart from the Glossop Area*) <https://www.camhsnorthderbyshire.nhs.uk>

Child and Adolescent Mental Health services in **Glossop**: Healthy Young Minds <https://healthyyoungmindspennine.nhs.uk/find-us/tameside-and-glossop>

