

Mental Health & Emotional Wellbeing for young people: Amber Valley

Infinite Wellbeing

Our aim is to share knowledge and tools for managing wellbeing, so children, adults, and families can understand, maintain, and improve their wellbeing, and enjoy the best in life.



[Wellbeing programmes and activities | Infinite Wellbeing | England \(infinite-wellbeing.co.uk\)](#)



NHS Derbyshire Healthcare
Derbyshire Healthcare
NHS Foundation Trust

Amber Valley Team

Ripley Town Hall (first floor)
Market Place
Ripley
DE5 3BT

Call 0300 123 2678

[Amber Valley team :: Derbyshire Healthcare NHS Foundation Trust \(derbyshirehealthcareft.nhs.uk\)](#)

Compass

We help you build your skills to cope with: Low mood; sadness, low motivation; Mild to moderate anxiety; worries, irrational fears and concerns; Common challenging behaviours: angry outbursts, pushing boundaries, frustration and distress Family and peer relationship difficulties; Difficulty adjusting to change and transition; Difficulty managing emotions.

Compass Changing Lives comprises of nine Mental Health Support Teams in Derby, Erewash, Bolsover, the Derbyshire Dales, Chesterfield and the Amber Valley.

[Compass Changing Lives - Compass \(compass-uk.org\)](#)



CAMHS Amber Valley

CAMHS stands for Child and Adolescent Mental Health Services. We support children and young people aged 0-18 (and their families) with a wide range of mental health difficulties

Rivermead, Goods Road, Belper, Derbyshire DE56 1UU
01773 880554



LGBT+ Collective

Free One2One Support , Information, Guidance virtual (In person can be arranged) No minimum age limit (consent/ referral needed by a professional or parent/guardian)

- Mental Health
- Identity
- Discrimination
- Anything else.

info@lgbtcollective.co.uk

lgbtcollective.co.uk

