

# How do you feel?

**LONELY**

**WORRIED**

**LOW  
MOTIVATION**

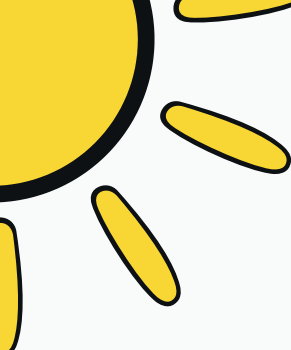
**CAN'T  
SLEEP**

**ANXIOUS**

**ANGRY**

**LOW  
MOOD**





## **Mental Health Support Teams and Early Intervention Targeted Support Services for children and young people in Derby and Derbyshire**

**As you grow, life can be challenging at times and sometimes you just need that extra support.**

**Compass Changing Lives offer the right support at the right time, working with children, young people, families, schools and colleges in Derby and Derbyshire.**

**We provide prevention and early intervention emotional wellbeing and mental health support to children and young people aged 5-18.\* We also work with parents/carers to provide support for their young people.**

**\*up to 25 years old for care leavers and Special Education Needs or Disability**

### **We can help with managing:**

- **Low mood**
- **Anxiety**
- **Relationships**
- **Exam stress**
- **Challenging behaviours**
- **Strong emotions**
- **Difficulties with managing change**



**Website**

**Our App**



 **01332 315569**

 **changinglives@compass-uk.org**

   **@compasschanginglives**

# How do you feel?

**LONELY**

**WORRIED**

**LOW  
MOTIVATION**

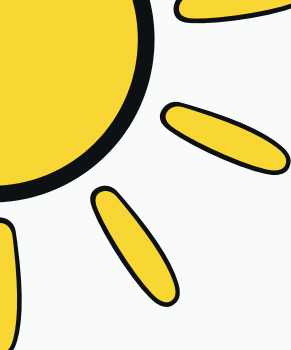
**CAN'T  
SLEEP**

**ANXIOUS**

**ANGRY**

**LOW  
MOOD**





## WHO WE ARE

**Mental Health Support Teams and Early Intervention Targeted Support Service for children and young people in Derby and Derbyshire**

## WHAT WE DO

We offer prevention and early intervention emotional wellbeing and mental health support to children and young people age 5-18\*. We also work with parents/carers to provide support for their young people.

\*up to 25 years old for care leavers and Special Education Needs or Disability

## WE CAN HELP WITH MANAGING:

- Strong emotions
- Anxiety
- Challenging behaviours
- Relationships
- Exam stress
- Low mood
- Difficulties with managing change

## HOW WE DO IT

- Networking and navigation
- Whole school approach
- Evidence based interventions



01332 315569



changinglives@compass-uk.org



@compasschanginglives

Website



Our App

