MENTAL HEALTH SUPPORT SERVICE 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 mental health support at the right time for children and young people within schools and colleges.

We provide low intensity support to children and young people aged 5-18* to help manage their emotions. We also work with parents/carers to provide support for their young people.

We can help with managing:

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



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



01332 315569

changinglives@compass-uk.org

@compassclmhst