

**We are the
Changing Lives
Mental Health
Support Team**



We support young people struggling with mild to moderate mental health difficulties

low

including:

anxiety

mood

panic

sleep

simple

difficulties

phobias

We offer:



one-to-one support
group

workshops
support

staff **problem** **staff**

training **solving** **support**

Where to Find Us

**We are based in The Bemrose School
and work with other Derby City Schools
within the Cluster.**

**Please speak to the Pastoral Team in
school who can complete a referral form
on your behalf.**

**If you are 16 years or older you can self-
refer. Parents can also refer their children
if they have concerns.**