

## HELP US TO HELP OUR LOCAL DERBY CHILDREN.



YOU MATTER, YOU ARE LOVED, YOU ARE NOT ALONE...

## SELF-HARM. SUICIDE. ANXIETY. SCARED TO GO OUTSIDE AND BE SEEN. LONELY. HOPELESS. FEELING ASHAMED.

#### WHAT DO WE DO?

We have a multi-disciplinary team who deliver high quality emotional education and long term mentoring to children to support their mental health. Sadly, statistics show that in Derby, the likelihood of a child taking their own life is significantly higher than national averages. We work closely with schools and other partners in the city to ultimately save children's lives.

Bridge the Gap Child Mental Health C.I.C. are a Derby based emotional health hub for children aged between 7 and 25 years. We want ALL children to feel that they matter, that they are loved and that they are not alone.

#### **DID YOU KNOW?**

If you give money or resources to a charitable organisation your corporation tax bill is reduced. Essentially the amount you donate is deducted from your business profit pre-tax, therefore reducing the amount of tax your company pays.





REAL CHILDREN, REAL LIVES...

Bridge the Gap work with 112 children every week in a face to face capacity to support mental health and wellbeing.

"Bridge the Gap saved my life. I was going to go home and end everything, but after my session at the Rainbow place I felt like there was hope again."

# HELP FUND US AND WE WILL HELP YOUR BUSINESS AND WORKFORCE.

We will assist your H.R. function by providing a service that directly helps your staff identify, cope with and implement positive relationships for the mental health and physical wellbeing of their child. We will give you a unique code for your business to allow your employees to access the parent online platform. Working together to support and protect children's mental health.

### HELP CHILDREN LIKE SOPHIE...

Sophie is 14 years old and was referred to us by her local GP, to access support after her family fled a difficult, traumatic event in London. Sophie has severe OCD (obsessive compulsive disorder) symptoms and anxiety which have a huge impact on her day to day life. She struggles to trust professionals due to having been let down by numerous organisations and services. Following 3x 1:1 sessions at Bridge the Gap Sophie felt safe enough to share that she was sexually assaulted leaving her feeling scared and panicked on a daily basis. She attempted to end her life. Sophie reported that through the building of a safe relationship with Bridge the Gap she began to trust professionals again and to talk through her suicidal thoughts. Through continued 1:1 support at Bridge the Gap Sophie has managed to now return to school, start a new dance class in order to make friends in her local area, and reports she feels safe and finally feels hope for the future.

**CALL OR EMAIL US FOR MORE INFO** 



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