



# DERBY CARES

**Our city's pledge to  
'Bridge the Gap'  
in Children's Mental Health**

“Without you I wouldn't  
be here, how can I  
possibly find the words  
to say thank you for  
that?”



# DERBY'S MENTAL HEALTH CRISIS

OUR CITY HAS SOME OF THE  
HIGHEST STATISTICS FOR  
CHILDREN SUFFERING WITH  
MENTAL HEALTH IN THE UK

**51%**

of children and young  
people are not  
receiving support

Demand for  
mental health  
support outweighs  
available  
services

across Derby  
and Derbyshire

Children and  
young people are  
**more vulnerable**  
**to mental illness**  
**in Derby**

when  
compared  
nationally

Children and young people with  
a mental health condition are more likely to...

Have lower  
school  
attendance

Be bullied

Have lower  
academic  
success

Smoke or  
misuse drugs

Have poor  
employment  
prospects

“ We were desperate for help. My daughter was out of school with trauma and anxiety from attending. Her mental health was suffering. Nowhere could offer the support she so desperately needed.

She built a trusting relationship with Nikki and made progress. Eventually, supported by Bridge the Gap, she was able to start at a new school and grow in confidence, becoming happier and making her own world bigger.

”

# JOIN DERBY CARES

Our city's pledge to 'Bridge the Gap'  
in Children's Mental Health



**Bridge the Gap Child Mental Health CIC is a non-profit organisation that provides mental health support to children and young people in Derby**

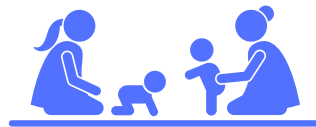
We are fighting to change the current statistics around child mental health by offering a unique relationship focused, holistic, emotional support service

## healthy online relationships

### Our Services



121 support for children



Parent and child groups



Training for schools and health and social care



Parent empowerment workshops and private sessions



Community events and support



Consultancy



Proactive emotional education

anxiety

supportive relationships

behavioural issues

low mood  
self-esteem

low self-esteem

sense of belonging  
trauma

healthy interpersonal relationships  
coping with anger

# SHOWING CHILDREN DERBY CARES

**We need your support to help 1,500 children in 2024**

Promote positive mental health

Manage stress and anxiety

Equip children with strategies for life

Express emotions

Develop emotional skills

Understand emotions

Build emotional intelligence

Enhance communication

**It costs just**  
**£1,584**  
to support and change the life of one child for six months

**1-2-1 sessions provide a safe, friendly and non-judgmental space for children to be themselves. Everything is tailored to the child's interests and needs.**

## Get involved



**Sponsor a child**



**Fundraise**



**Donate a % of sales from a product**



**Sponsor a session or event**



**Purchase training to support employee mental health in your organisation**

## In return we will



**Provide you with a biannual update about children we have supported**



**Send you a 'Supporting Derby Cares' certificate, sticker and logo for your marketing**



**Display your logo on our website**



**Name check your company on our social media channels**



**Invite you to the annual 'Derby Cares' event**



**Display your logo on our Derby Cares wall in reception**

**We welcome discussions with organisations of all sizes and will happily work with you to find a partnership that is suitable**