



Compass Changing Lives

Compass Changing Lives provides prevention and early intervention emotional wellbeing and mental health support to Children, Young People and Families across Derby & Derbyshire.

Visit their website:

<https://compass-uk.org/services/compass-changing-lives/>

Download their app:

<https://compass-uk.org/services/compass-changing-lives/changing-lives-wellbeing-app/>



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Compass Changing Lives provides prevention and early intervention emotional wellbeing and mental health support to children, young people and families across Derby and Derbyshire.

Their friendly and compassionate team provides a range of evidence-based interventions for children and young people that can help them build the skills to cope with low mood, anxiety, difficulty managing emotions and more.

They also provide support to parents and carers around improving their knowledge and understanding of how best to support and improve their child's mental health and wellbeing.

You can make a referral to Changing Lives for yourself or on behalf of a child or young person online or over the phone. Visit their Contact Us page for details on how to get in touch:

<https://compass-uk.org/services/compass-changing-lives/contact-us/>

Find out more about Changing Lives by visiting their website:

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Get more guidance and support through the Changing Lives app:

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