

Provider	Contact	Location
	Tel. 0300 555 5582 www.insighthealthcare.org	New Mills, Whaley Bridge, Buxton, Bakewell, Matlock, Heanor, Ilkeston, Derby, Chesterfield – for those who work in Nottingham we also see people in Stapleford and Nottingham locations
	Tel: 0115 956 0888 www.nottinghamshirehealthcare.nhs.uk/letstalkwellbeing	Nottinghamshire/Derbyshire border, Nottingham
	Tel: 0300 123 0542 www.derbyshcft.nhs.uk/tmhd	Derbyshire wide – including Derby City
	Tel: 01332 265650 www.trentpts.co.uk	Derby City; Chesterfield and Bolsover area, Swadlincote, Ilkeston, Belper, Ripley, Wirksworth, Ashbourne, Alfreton
	Tel: 0300 555 0456 https://talking.turning-point.co.uk/derbyshire/	Alfreton, Chesterfield, Long Eaton and Derby

Derbyshire LGBT+ - 01332 20 77 04 – can complete online form for support, email: info@derbyshirelgbt.org.uk

Derbyshire Domestic Violence and Sexual Abuse Service – online form – Derbyshire Domestic Abuse Support Line – 08000 198 668, Women’s appointments Mon-Thu, Men’s Appointments Fridays, Chesterfield Advice Centre – 01246 540 444 or 01246 540 464

Derbyshire Directory A directory of community groups, sports clubs, charities and voluntary organisations across Derbyshire. It also lists national charities and helplines if there isn't a local branch. It is easily searched by category or geographical area
https://www.derbyshire.gov.uk/community/derbyshire_directory/default.asp

Community Directory: by googling Derbyshire Community Directory or <http://www.communitydirectoryderbyshire.org.uk/> The user can search by location or interest to find a local community group to join for social interaction.

Derbyshire First Steps ([opens in a new window](#)) offer support to people with an eating disorder. They also offer training and advice if you care for someone with an eating disorder. Tel: 01332 367571.

Cruse Bereavement - Chesterfield tel: 01246 550080

Cruse Bereavement - Derby and South Derbyshire tel: 01332 332098

Derbyshire County residents only

Derbyshire County Council website has lots of information in relation to mental health and wellbeing including how to access support in a crisis; a list of services and support etc
https://www.derbyshire.gov.uk/social_health/health-and-wellbeing/mental-health-and-wellbeing/default.asp

Recovery and Peer Support Service (over 18 and excludes Derby City residents) offers a range of support can be contacted between 9am to 5pm Mon to Fri on 01773 734 989; DerbyshireRecoveryPeerSupportService@rethink.org or by completing the online referral form at <https://www.rethink.org/services-groups/services/derbyshire-recovery-and-peer-support-service/referrals> or by googling Derbyshire Recovery and Peer Support Service. On receipt of your referral someone will contact you to assess if you would benefit from:

- Targeted support through one-to-one and group sessions.
- Self-help and peer support – a range of groups available in your local area
- Telephone support
- Drop-ins (see website for latest information of dates, times and venues)
- Advice and information on mental illness.
- Recovery education to help you manage and understand your mental health condition
- Social activities in the local community
- Signposting to other sources of community and specialist support

The Mental Health Enablement Service (excludes Derby City residents) helps people to overcome difficulties in managing their day to day lives. People can be supported to carry out everyday tasks such as shopping, travelling, cooking, cleaning, finance management or be supported to join education or training classes to help them find paid or voluntary employment or to join community social groups. Social workers can also provide support with difficult relationships and providing techniques to manage and maintain your mental health condition. **Telephone, Call Derbyshire 01629 533190 and request an enablement assessment or an online form can be found at www.derbyshire.gov.uk/adultreferral.** More information on DCC website

https://www.derbyshire.gov.uk/images/Mental%20Health%20Enablement%20Servicesv7_tcm44-292817.pdf

Derbyshire Mind – Advocacy – if you need help to enable you to have your voice heard in relation to issues that are impacting on your mental health then you can ask for an advocate to support you **01332 623 732**, email: advocacy@derbyshiremind.org.uk

Bright Side, offer adult education courses which helps people improve their mental health and wellbeing through learning. For more information, or to book on the course, email: brightside@derbyshire.gov.uk or tel: 01629 536569.

Erewash CVS – 0115 9466 740, www.erewashvoluntaryaction.org.uk. There are a range of community activities and social groups available in Erewash with staff and volunteers well trained in supporting people with mental ill health

Amber Trust – part of P3 – I-Decide Derbyshire – 01773 742 051, Mon-Fri 9am-5pm, email: idecideseniors@p3charity.org – local Navigators offer drop ins regularly in Ripley, Buxton, Matlock, Ilkeston, and Swadlincote

National Organisations

Rethink Advice and Information Service – 0300 5000 927, Mon-Fri 9.30am to 4pm

Samaritans are there to support people in times of crisis Telephone: 116 123

Saneline mental health helpline 0300 304 7000 4.30pm to 10.30pm everyday. www.sane.org.uk

Silver Line is the only confidential, free helpline for people over the age of 55, across the UK open every day and night of the year. The specially-trained helpline team:

- Offer information, friendship and advice.
- Link callers to local groups and services.
- Offer regular friendship calls.
- Protect and support older people who are suffering abuse and neglect

Telephone 0800 4 70 80 90 <https://www.thesilverline.org.uk/what-we-do/>

[B-EAT \(opens in a new window\)](#) offer information, help and support for anyone affected by eating disorders. They also run online support groups and message boards. You can also call them on Monday to Friday evenings between 4.30pm and 8.30pm and Saturdays between 1pm and 4.30pm. Helpline tel: 0345 634 1414.

Karma Nirvana – supporting victims of honour based abuse and forced marriage – helpline now Mon-Fri 91m to 5pm – 0800 5 999 247, email: info@karmanirvana.or.uk

CALM – campaign against living miserably – dedicated to preventing male suicide – helpline – 0800 58 58 58, 5pm to Midnight, 365 days, www.thecalmzone.net

National Helplines – by googling National Helplines or a helpline specific to your condition you will find many more services that offer telephone support.

Carers Direct tel: 0300 123 1053

Mind Info Line tel: 0300 123 3393

Domestic Abuse Helpline tel: 0800 2000 247

Victim Support tel: 0800 612 6505

Anti Bullying Helpline tel: 0845 22 55 787.