

Mental Health Support in Derbyshire

Derbyshire 24hr Mental Health Support Line – 0800 028 0077

Derbyshire's helpline and support service available 24 hours a day, seven days a week for young people and adults who are experiencing distress, anxiety or feeling they can't cope.

<https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service>

NHS Derby and Derbyshire Emotional Health and Wellbeing Toolkit

Website containing local and national links and resources.

[Derby & Derbyshire - Emotional Health & Wellbeing \(derbyandderbyshireemotionalhealthandwellbeing.uk\)](http://derbyandderbyshireemotionalhealthandwellbeing.uk)

Support for Anxiety and Depression across Derbyshire

Improved Access to Talking Therapies (IAPT)

All 4 organisations offer the same free support, for anxiety and depression, for adults in Derbyshire and you can self-refer online by visiting their websites.



Vita Minds www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/derby-and-derbyshire

Tel: 0333 0153 496 or email: enquiries@vhg.co.uk



Trent PTS <https://www.trentpts.co.uk>

Tel: 01332 265 659 or email: enquiries@trentpts.co.uk



Talking Mental Health Derbyshire <https://www.derbyshirehealthcareft.nhs.uk/services/talking-mental-health-derbyshire> Tel: 0300 123 0542



Insight IAPT <https://www.insightiapt.org/>

Tel: 0300 555 5582 or email: east.midlands@insighthealthcare.org

Your Doctor

If you're feeling down or anxious you can call your GP Practice to schedule an appointment to talk about the best options for you.

Other Support



Mentell provides circles for men aged 18+ to talk in a safe and confidential space, free from advice and judgement. <https://www.mentell.org.uk/>



PEOPLE
POTENTIAL
POSSIBILITIES



Derbyshire Recovery and Peer Support Service is a partnership between Rethink Mental Illness, P3 and The Derbyshire Federation for Mental Health offering targeted goal-focused support for people experiencing difficulties with their mental health in Derbyshire

[Derbyshire Recovery and Peer Support Service \(rethink.org\)](https://rethink.org)

[Derbyshire Recovery and Peer Support Service - P3 \(p3charity.org\)](https://p3charity.org)



Derby City Life Links provides a wellness and mental health recovery service that can be tailored to individual needs.

[Derby City Life Links Supporting Mental Health in Derby City](#)

Your wellbeing during the pandemic



Joined Up Care Derbyshire <https://joinedupcarederbyshire.co.uk/public-info-covid-19/your-wellbeing-during-pandemic>

Helps when:

- I'd like tips for looking after my emotional wellbeing
- I'd like self-help advice for looking after my mental health
- I'd like to speak with someone about how I am feeling
- I need urgent mental health support