

# 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](http://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/derby-and-derbyshire)

Tel: 0333 0153 496 or email: [enquiries@vhg.co.uk](mailto:enquiries@vhg.co.uk)



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

Tel: 01332 265 659 or email: [enquiries@trentpts.co.uk](mailto: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](mailto: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

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