

Mental health support and counselling

NHS counselling services for anxiety, depression, phobias and panic

Talking Mental Health Derbyshire Tel: 0300 123 0542 Web: www.derbyshcft.nhs.uk/tmhd	Insight Healthcare Tel: 0300 555 5582 www.insighthealthcare.org
Trent PTS Tel: 01332 265 659 www.trentpts.co.uk	Vita Minds Tel: 0333 0153 496 https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/derby-and-derbyshire/

Other useful contacts

Out of hours services – for medical advice when we are closed	111
Derbyshire Mental Health Support – 24 hour additional support during the pandemic	0800 028 0077
The Samaritans	116123 jo@samaritans .org Self-help app also available
Rethink mental illness	https://www.rethink.org 01773 734989 Text 07537410028 Up to date information about support groups and advice lines
SANE – mental health charity	www.sane.org.uk 0300 304 7000
Derby City Care Line Out of office hours	01332 786968 Emergency social work service
CRUSE bereavement support charity	www.cruse.org.uk 01332 332 098
CALM – support for men	0800 58 58 58 www.thecalmzone.net
Papyrus: National charity dedicated to the prevention of suicide	www.papyrus-uk.org 0800 068 4141, 07786209697 or email pat@papyrus-uk.org
Derby Women’s centre Support services for women in Derbyshire for mental health, domestic violence support and advice services	www.derbyshirewomenscentre.org.uk 01332 341633
NAPAC supporting survivors of childhood abuse	www.napac.org.uk 0808 801 0331

Useful apps and websites

Mood Juice – www.moodjuice.scot.nhs.uk – this is a Scottish NHS website with lots of information and advice leaflets

Mood Gym – <http://moodgym.anu.edu.au> – interactive self help book which helps you to learn and practise skills to prevent and manage depression and anxiety

Head Space – app and website www.headspace.com – learn to meditate and live mindfully

Stay alive app – Grassroots suicide prevention - Resource packed full of useful information and resources to help you stay safe in a crisis

Additional support around wellbeing – <https://joinedupcarederbyshire.co.uk/public-info-covid-19/your-wellbeing-during-pandemic>

Self isolation pack -

<https://www.swadesign.co.uk/cloud/users/1360917991/Psychology%20Wellbeing%20Pack.pdf>

Hub of hope app – national mental health database

Calm harm – www.calmharm.co.uk – app to help support people who have urges to self harm

First steps – www.firststepsed.co.uk – for people with an eating disorder

No panic – www.nopanic.org.uk – Support for people who suffer from panic attacks, phobias, OCD and other related anxiety disorders

Text SHOUT – If you are experiencing a mental health crisis and need support, you can text SHOUT to 85258

Safeline – www.safeline.org.uk – for men suffering with mental health problems

Head High and Night Bus – www.headhigh.org.uk – Derby based out of hours mental health support