Imperial Road and Ashover Mental Health and Self Help Information

Derbyshire Mental Health Support Line – 08000280077 – 24 hour helpline for Derbyshire residents

For urgent help please call the above number, or you can call 111 or go to A&E.

Psychological Therapies

- **Vita Health Group**
  - 03330153496
  - https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/derby-and-derbyshire-test/
- **Everyturn Mental Health**
  - https://www.everyturn.org/talking-therapies/locations/derby-and-derbyshire/
  - 0300 555 5580

Other Counselling and Support Services

- **Samaritans** – 116 123 or email jo@samaritans,org
- **Citizens Advice** – www.citizensadvice.org.uk, 03444 111444
- **Derbyshire Recovery Partnership** (drug and alcohol help) – 0845 308 4010 www.derbyshirerecoverypartnership.co.uk
- **First Steps** (eating disorders) - 0300 1021685 www.firststepsed.co.uk
- **Space** (Previously "Relate" relationship counselling) -01246 382772 –note this is a pay for service
- **SV2** (supporting victims of sexual violence)– www.sv2.org.uk 01773746115
- **The Elm Foundation** (domestic abuse help) 08000198668 or text 07534 617 252 theelmfoundation.org.uk
- **Cruse** (bereavement counselling) 08088081677 https://www.cruse.org.uk/
- **Call Derbyshire** (social services) – 01629 533190

Online Resources

- www.getselfhelp.co.uk/ - online resources, information about CBT
- web.ntw.nhs.uk/selfhelp/ - self-help leaflets for a range of mental health problems
- www.calm.com – sleep and meditation app (note there is a free trial then a cost)
- www.headspace.com/headspace-meditation-app - meditation app (note there is a free trial then a cost)