

# Derbyshire Emotional Health and Wellbeing Support

Information on support services can be found by scanning the QR code on each page with your mobile phone, contacting the number on the page or searching the web address.

Some phone numbers may be charged at your network rate.





## Derbyshire Healthcare

NHS Foundation Trust

**The Derbyshire Mental Health Helpline and Support Service** is a freephone service available to everyone living in Derbyshire.

Open 24 hours a day, 7 days a week. If you or somebody else need immediate support for mental health.

Call: **0800 028 0077**



Derby & Derbyshire

## Emotional Health & Wellbeing

Transforming Health and Wellbeing for Everyone

**Derby & Derbyshire Emotional Health & Wellbeing** website is a central hub of information in Derbyshire that signposts you to advice and support around:

- Mental Health
- Wellbeing
- Neurodiversity - Autism, ADHD
- Safeguarding
- Special Educational Needs & Disability
- Suicide Prevention
- Training.





- **Connect** – What small thing could you do to make contact with someone old or new?
- **Be active** – What activities do you enjoy? What would you like to try?
- **Keep learning** – What really interests you? What new skill would you like to learn?
- **Give** – Volunteering in your local community?
- **Take notice** – What would help you practice being in the present moment?



Whatever you are going through you can contact the **Samaritans** by phone or email.

Open 24 hours a day, 7 days a week, 365 days a year. No matter what you are facing, the Samaritans are here to support **you**.

Call them free on **116 123** or email **Jo@samaritans.org**



## Live Life BETTER DERBYSHIRE

**Live Life Better Derbyshire** is a free healthy lifestyle service that helps people in Derbyshire County to:

- Stop Smoking
- Manage your weight
- Get active
- Identify your health and wellbeing needs

We've helped thousands of Derbyshire residents. Why not join them?

Call: **0800 085 2299**



**Livewell's** free healthy lifestyle service supports people in Derby to stop smoking, manage their weight and improve their health.

Find out more and register on our website, call **01332 641254** or email **[livewell@derby.gov.uk](mailto:livewell@derby.gov.uk)**





**Young Minds** supports mental health for children and young people as well as providing support and information for parents and people who work with young people.

Young People: Text YM to **85258**

Parents Helpline: Call **0808 802 5544**



**PAPYRUS Prevention of Young Suicide** is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people.

Not coping with Life?

Call: **0800 068 4141**

Text: **07860 039967**

Email: **Pat@papyrus-uk.org**



## Cost of living support - Derbyshire



Derbyshire County Council has put together lots of information and advice, designed to ensure that you are getting all the help you are entitled to.

Scan the QR code or visit:

[www.derbyshire.gov.uk/costofliving](http://www.derbyshire.gov.uk/costofliving)



## Cost of living support - Derby City



Derby City Council

You may be eligible for help and support with the cost of living from your local council. Support may take the form of:

- Advice around welfare rights and benefits
- Help for carers and people with disabilities
- Support for families

Scan the QR code or visit:

[www.derby.gov.uk/advice-and-benefits/cost-of-living/](http://www.derby.gov.uk/advice-and-benefits/cost-of-living/)





**Mentell** provide circles for men 18+. These are safe places for men to get together, talk or just listen.

**www.mentell.org.uk**



## Starting conversations

Tips on how to start the conversation:

- Show you are willing to listen and talk
- Listen, don't judge
- Step up and make the move
- Be patient
- Be supportive
- Be yourself
- Look after yourself





**Let's Chat Derbyshire Podcast**, hosted by Derbyshire's mental health and suicide prevention team. Join us for discussions with a range of people about mental health, suicide prevention and neurodiversity. Episodes live on the second and fourth Tuesday of each month.

Listen on your chosen podcast platform or watch on YouTube: <https://linktr.ee/dccmhsp> or search **@DCCMHSP**



Explore a wealth of mental health and wellbeing resources from posts, reels and videos within our social media platforms. Whether you seek tips on maintaining good mental health, insights into neurodiversity, or information on suicide prevention, our pages offer valuable content for you and those you care about. Additionally, discover local services that can provide assistance.

Tailored to meet the needs of children and young people, our Instagram account delivers specialised information designed for easy access and relatable content.



The Let's Chat Derbyshire Podcast: [linktr.ee/dccmhsp](https://linktr.ee/dccmhsp)



Find a Let's Chat bench near you:  
<https://bit.ly/LetsChatMap>



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This guide has been designed by Derbyshire County Council's Public Health Mental Health & Suicide Prevention Team.

