

DERBYSHIRE MENTAL HEALTH HELPLINE

The Derbyshire Mental Health Helpline and Support Service is a freephone service available to everyone living in Derbyshire - young people and adults.

Open 24 hours a day, seven days a week.

The helpline number is **0800 028 0077**

Call the helpline for support over the phone, if you or a loved one are:

- experiencing distress or anxiety
- feeling that you cannot cope
- having thoughts about suicide.

That support could be about your mental health but you can also talk through practical issues that may be causing concern.

If you are Deaf, call 111 using the SignVideo app or SignVideo website.

You will be linked to a BSL interpreter via video. Tell them:

- the name of the nearest town or city you are calling from
- you want to connect to a crisis mental health service.

They will contact the helpline team and relay their questions using BSL.

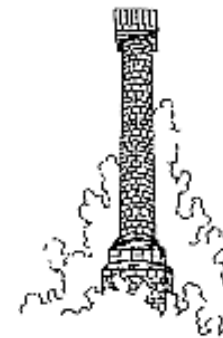
www.signvideo.co.uk/nhs111/

There are also other resources in a crisis that you can access:

- Samaritans - [116 123](tel:116123) (free 24hrs)
- Saneline - [0300 304 7000](tel:03003047000) (4.00 to 10.00pm)
- Mind – [0300 123 3393](tel:03001233393)
- Support line – [01708 765200](tel:01708765200)

Mental Health and Crisis Support

Jessop Medical Practice



CRISIS SUPPORT DROP-IN SERVICES



The Croft, Slack Lane, Ripley DE5 3HF

Opening Hours:

- **Fridays and Saturdays 6pm – 11pm**
- **Sundays 2:30pm – 5:30pm**

No need to contact, just drop in.

Designed to offer support and a safe space to anyone over 18 experiencing (or nearing) a mental health crisis:
For example, you might:

- be feeling emotionally distressed
- be experiencing or nearing crisis point with your mental health
- feeling low and potentially experiencing suicidal thoughts
- be feeling anxious, worried or panicky
- have experienced a life event that has impacted your usual ability to cope
- be having a 'dip' in your mental health, that you are usually able to manage
- want a calm space to go to keep yourself safe and distract from thoughts of self harm

We also recognise that you might also want to come and visit the service and staff so that you know who and where we are in case you experience a crisis in the near future.



SAFE HAVENS



The Safe Haven provides face-to-face, non-clinical support for people who have mental health concerns between the hours of 4.30pm and 12.30am.

The Safe Haven will provide a safe, supportive and friendly environment helping people in their recovery through promoting self-empowerment and independence.

Derby Safe Haven

Situated at Trevayler, 309 Burton Road, Derby, DE23 6AG

Telephone: 03300083722

Email: derby.safehaven@nhs.net

or individuals can visit the service.

Chesterfield Safe Haven

Based at 188 North Wingfield Road, Grassmoor, Chesterfield, S42 5EJ

P3 website - www.p3charity.org/services/derbyshire-safe-haven

Telephone: The Derbyshire Mental Health Helpline on 0800 028 0077.

