

Derbyshire & Derby

Mental Health Signposting and Resources



Derbyshire Mental Health Helpline

tel: 0800 028 0077. Mental health support line for people of all ages in Derbyshire. Open 24 hours per day, 7 days per week.

Derby and Derbyshire Emotional Health and Wellbeing Website



The emotional health and wellbeing signposting website for Derby and Derbyshire contains local and national links and resources updated regularly.



Talking Therapies

A common treatment for mental health issues are talking therapies, including counselling and Cognitive Behavioural Therapy (CBT). There's a choice of talking therapy providers in Derbyshire which you can access for free.

Derbyshire Mental Health Map



A google map designed to give information on mental health services, peer support groups and useful information around Derbyshire.



MENTELL

A men's peer support group that offers a safe and confidential place to talk - free from advice and judgement. Suitable for men aged 18+ struggling with their mental health/ wellbeing.



Mental Health & Suicide Prevention