

Derbyshire & Derby Mental Health Resources

Derbyshire Mental Health Support Line

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 & Derbyshire Emotional Health and Wellbeing Website

This website is for Derby & Derbyshire to help plan and deliver care & support for people who are feeling stressed, anxious or depressed, or just want to feel happier.



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.

Safe Speak

Safe Speak is Relate Derby and Southern Derbyshire's counselling service for people aged from 9 to 19 and living in Derbyshire. In selected schools and other places across the county and is free and confidential.
tel: 0800 093 5264 or 01332 349301.



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 First Steps

Derbyshire First Steps offer support to people with an eating disorder. They also offer training and advice if you care for someone with an eating disorder.
Tel: 01332 367571.



Bright Side

An adult education course which helps people improve their mental health and wellbeing through learning.
For more information, or to book on the course, email:
brightside@derbyshire.gov.uk or tel: 01629 536569.