

Hello

Derbyshire Carers Association offices will be closed from 4.30pm Christmas Eve until 9am Tuesday 4th January 2022.

Should you need help and support over the festive period, please refer to the information below:

NHS 111

NHS 111 can help if you have an urgent medical problem and you're not sure what to do.

Visit 111.nhs.uk or call 111

(Don't forget to order your repeat prescriptions before pharmacists close for Christmas Bank Holidays)

Mental Health

Childline

Helpline for children struggling with mental health or abuse.

0800 1111

CRUSE Bereavement Care

For support during a bereavement.

0808 808 1677

derbyshire@cruse.org.uk

Monday - Friday: 9.30am - 5pm

Tuesday - Thursday: 9.30am - 8pm

Weekends: 10am - 2pm

Mind

Mind have both an information helpline and a legal helpline to give advice on mental health issues.

0300 123 3393 information

Monday - Friday: 9am to 6pm

0300 466 6463 legal

Monday - Friday: 9am - 6pm

P3 Mental Health 24/7 Helpline

This service offers a free 24/7 helpline for people in Derbyshire and Derby City who require advice about mental health.

0800 028 0077

Relate Derby and Southern Derbyshire

Telephone counselling service for carers of people with mental health issues, autism and Asperger's.

0808 178 9363

Tuesday & Thursday: 10am - 1pm

Samaritans

If you are having a difficult time and need someone to talk to or if you are worried about someone else the Samaritans offer a free helpline.

116 123



General

Age UK

Advice for older people every day.

0800 678 1602

Every day of the year 8am - 7pm

Call Derbyshire (Social Care Support)

Derbyshire County Councils call centre provides you with speedy, direct responses.

01629 533190

Monday - Friday: 8am - 6pm

Saturday: 9.30am - 4pm

Carers UK Advice Line

0808 808 7777

Monday to Friday, 9am to 6pm

Derbyshire Community Response Unit

Derbyshire County Council are coordinating a community response across the county to make sure vulnerable residents are supported through the coronavirus outbreak.

01629 535091

Monday to Friday 9am - 5pm

27th Dec closed

28th Dec closed

3rd Jan closed

Domestic abuse help line

Free confidential help and advice

08000 198 668

FRANK

Offer friendly, confidential advice on drug related issues by live chat or phone.

0300 1236600

The Silver Line

24 hour helpline providing information, friendship and advice for to older people.

0800 4708090

Warmer Derby & Derbyshire

If you think you'll struggle to stay warm and afford your energy bills this winter.

0800 677 1332

Food Banks

Rural Action Derbyshire have an alphabetical list of all food banks.

Call **01629 592970** or email:

info@ruralactionderbyshire.org.uk

Derbyshire Carers Association would like to take this opportunity to wish you a Merry Christmas and we hope to see you all in the New Year.

