

Mental Health Resources

This leaflet lists services and support that you can access without needing a referral from your GP practice.

Support in a crisis

Samaritans: 116 123 or 0115 941 111

Mind: 0300 123 3393 (or text 86463)

Sane Line 6pm – 11pm daily. 0300 3047000

For out of hours advice and doctors call NHS 111

<https://stayingssafe.net/>

The Mental Health Liaison Team offer 24/7 support in Derby Hospitals' Emergency Department (A&E).

Adults

Support relating to self harm: www.harmless.org; Self Harm Helpline: 0115 9348445
Contact the Amber Valley Mental Health Team if you are under their care, on 0300 123 2673.

Silver Line provides support, information and advice to people aged 55 and over, call 0800 4 70 80 90

Guided CBT is the method with best evidence for helping with insomnia and can be accessed free through <http://freecbti.com/>

Counselling and cognitive behavioural therapy services are provided by the following NHS organisations, including for anxiety, low mood, anger management, phobias, couples counselling, bereavement and stress:

- Talking Mental Health Derbyshire, www.derbyshcft.nhs.uk/tmhd, 0300 123 0542
- Trent PTS, www.trentpts.co.uk, 01332 265 659
- Insight Healthcare, www.insighthealthcare.org, 0300 555 5582
- Online counselling and well-being for adults can be accessed through www.qwell.io

If you are already under the Community Mental Health Team and wish to access urgent support you can call the Duty Team on weekdays between 9 and 5. The number for the Ripley office is 01773 571344.

Bereavement

Contact the counselling services under 'Adults' above, plus:

Cruse Bereavement Care 0808 808 1677

Marie Curie 0800 635455

Samaritans 01332 364444

Treetops 0115 949 1264

www.widowedandyoung.org.uk (for those aged 50 or under when their partner died)

Children and young people

Local services are explained on this website:

www.derbyshirehealthcareft.nhs.uk/services/childrens-mental-health-services-camhs-derby-and-southern-derbyshire

Action for Children: www.actionforchildren.org.uk, or call 0300 123 2112

www.kooth.com provides online support for young people

Safe Speak (Relate Derby and Southern Derbyshire, for 15 to 18 year olds): 01332 349177

Support for parents: Relate.org.uk, and Action for Children above
Childline provide wide-ranging 24/7 support to anyone under 19 in the UK. Find them online at www.childline.org.uk, or call 0800 1111

Contact the Amber Valley Child and Adolescent Mental Health Team (CAMHS) on 01773 880554, if you or your child is under their care.

Support for Families

www.derbyshire.gov.uk, fill in 'starting point request for support form'

Contact starting point through call Derbyshire on 01629 533190 or 01629 535353

Dementia

Our Care Co-ordinator at Riversdale is Helen Riley, see the information box for further details.

Alzheimer's Society – www.alzheimers.org.uk

National Dementia Helpline - 0300 222 1122

Contact the Amber Valley Mental Health Team if you or your relative is under their care, on 0300 123 2673.

General advice and health information

These websites provide health information: www.nhsstaywellderbyshire.co.uk; www.patient.info; and www.nhs.uk. Call NHS 111, or visit 111.nhs.uk, for advice and guidance, including medical problems when the practice is closed.

Benefits, financial problems, legal problems. Call the Amber Valley benefits line on 01773 841 470 or Derbyshire Welfare Rights on 01629 531 535. The citizens advice bureau offer appointments in Belper, including at Riversdale on a Wednesday morning, and can be contacted on 0844 3752712.

Carers. A carer is someone that helps a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems. Derbyshire Carers Association provide support, 01773 833 833. We have a separate leaflet about support for carers, available from reception and our practice website.

Drugs and alcohol. Access local support and clinics directly by contacting Derbyshire Recovery Partnership, 0845 308 4010 or 01246 206 514. A useful website is www.talktofrank.com.

Healthy living. Live Life Better Derbyshire for **stopping smoking, weight loss, exercise, healthy eating, housing, falls prevention, money and debt.** www.livelifebetterderbyshire.org.uk, call 0800 085 2299.

Sexual health. Visit www.yoursexualhealthmatters.org.uk, or call 0800 328 3383, for advice and clinic appointments, including emergency contraception and sexually transmitted infections. There are sexual health clinics at Derby, Alfreton and Ashbourne. The Derby clinic includes a drop-in (no appointment needed) service. Community pharmacies can also provide emergency contraception.

Domestic abuse. Derbyshire's 24/7 helpline number is 08000 198 668.

Eating Disorders. Contact First Steps on 01332 367571, or at www.firststepsed.co.uk

Sexual violence. SV2 supports victims of sexual violence, and those that are caring for them. Find them at www.sv2.org.uk, or call 01773 746115.

What to expect from your consultant. If you are under consultant care, then their responsibilities include:

(1) ordering any tests you need, giving you the results, and explaining what they mean; (2) giving you a prescription for any medicine that you need to start taking straightaway; (3) providing you with a fit note (sick note) if you need one; (4) making sure that you have their contact details for any questions; and (5) arranging follow up appointments. Find out more at:

www.nhs.uk/using-the-nhs/nhs-services/

Please contact you consultant rather than your GP for any questions or concerns about consultant care.

Self care. Self-care for minor conditions can be quicker and easier than an NHS appointment, and it takes pressure off NHS services. For example, pharmacists give advice on the best treatment for conditions such as coughs and colds, headaches, conjunctivitis, constipation, indigestion, insect bites, diarrhoea, rashes, hayfever and thrush. Find out more about self-care at www.nhsstaywellderbyshire.co.uk

GP appointments. Please remember that the standard GP appointment time is 10 minutes. In appropriate circumstances, longer appointments can be booked via reception. We offer online consultations at www.riversdalesurgery.nhs.uk. We also offer telephone appointments.

Care Co-ordinator. Helen Riley is Riversdale's Care Co-ordinator. She works with anyone over 18 to support them and their carers to link with all the different services and organisations in the community. This includes medical and social care, local support and volunteer groups, community groups and carer support. Contact Helen on 01773 822386.