

Mental Health and Wellbeing

Information on services to help you
with your Mental Health and Wellbeing



Bad Mental Health

	Bad Mental Health is feeling sad angry or lonely for a long time
	We all have times when we feel sad
	If you feel sad for a long time it may be a Mental Health problem called anxiety or depression

Good Mental Health and Wellbeing

	Mental wellbeing is feeling good and well
	Good Mental Health would let you enjoy:
	Family Life
	Work
	Friendships

Things you can do to make yourself feel better



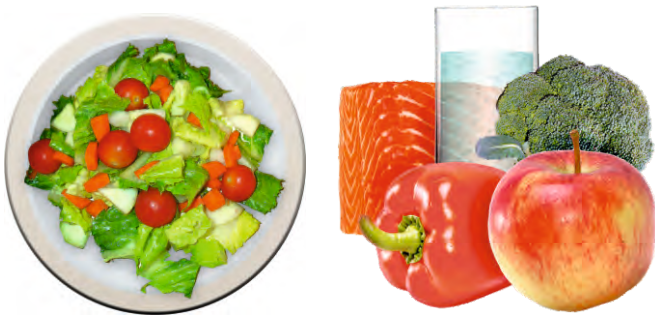
Spend time with friends family neighbours or people you work with



Trying new things can help your mental health and wellbeing



Helping other people saying thank you or smiling can help you feel happy



Eating healthy food



Playing sports and exercising regularly

Things you can do to make yourself feel better



Self help groups



Reading books



Online courses



You can volunteer in your community to meet new people



Our website can help you find more information about volunteering

[www.derbyshire.gov.uk](http://www.derbyshire.gov.uk/volunteer)
/volunteer

Mental Health Services and support



You can make an appointment to see your doctor if you are worried about your mental health



Your doctor might find someone you can talk to or a group you can attend



If you live in Derbyshire we have people you can speak to on the telephone. This is called a **talking therapy**

Mental Health Services and Support



New Mills	Whaley Bridge	Buxton
Bakewell	Matlock	Heanor
Ilkeston	Derby	Nottingham
Insight Healthcare		
0300 555 5582		
www.insighthealthcare.org		



All of Derbyshire
Talking Mental Health
0300 123 0542
www.derbyshirehealthcareft.nhs.uk/services/talking-mental-health-derbyshire

Mental Health Services and Support



Chesterfield and Bolsover	
Ilkeston	Belper
Ripley	Wirksworth
Derby City	
Swadlincote	
Ashbourne and Alfreton	
Trent PTS	
01332 265 659	
www.trentpts.co.uk	

What to do if you need help now



If you feel that you need help and it is an emergency you can call **999**



If you feel that you are not safe and you are upset you can call **NHS 111** and they will be able to help



If you or someone you care about needs help you can always speak to your **doctor** or a **pharmacy** for advice

If you need to talk to someone you can call any of these numbers:



Samaritans

116 123

jo@samaritans.org

www.samaritans.org

Contact anytime

Mind Infoline

0300 123 3393

info@mind.org.uk

www.mind.org.uk

9am to 5pm

Monday to Friday

If you need to talk to someone you can call any of these numbers:



Saneline

0300 304 7000

www.sane.org

6pm to 11pm

Monday to Friday



ChildLine

0800 1111

www.childline.org.uk

Contact anytime

Call Derbyshire



If you fee that you may be sad and unhappy everyday then adult care workers may be able to help



We can help with

- Welfare benefits
- housing
- employment
- activites



You can ring Call Derbyshire on **01629 533190**



or email
contactcentre@derbyshire.gov.uk

Further Information



You can find our other easy read leaflets on our website at **www.derbyshire.gov.uk/easyread**



We also have a YouTube channel with helpful videos with some in British Sign Language
www.youtube.com/user/Derbyshirecc



All our information should be

- **Free**
- **Accurate**
- **Clear**
- **Trustworthy**

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