

Guide to Mental Health and Wellbeing

Advice and information on how to improve mental health and wellbeing, what to do in a crisis and details of support services available in Derbyshire



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Mental Health and Wellbeing

Mental wellbeing can be simply described as feeling good and functioning well.

Having good mental health enables you to play a fulfilling part in family life, work and friendships.

Positive mental health and wellbeing is also linked to good physical health, increased life expectancy, improved quality of life, better educational achievement and improved employment prospects.

Everyone has times when they feel down or stressed. Most of the time these feelings pass, but sometimes they can escalate into more serious problems that could impact on your life and mental health.

Each year 1 in 4 people will experience a mental health issue and the most common mental health conditions are anxiety and depression.

Emotional Health and Wellbeing

Emotional health, or mental wellbeing, is about how you're feeling and how well you can cope with your day-to-day life.

Many people with good emotional and mental health are able to:

- be confident in themselves
- engage and interact with the world around them
- manage stress and change
- express their emotions
- play a positive role in their home and work life.

Many things can affect your mental wellbeing, including unemployment, loneliness, physical illness, poor housing, poverty, discrimination, trauma, violence etc.

Evidence suggests that there are five steps you can take to help to improve your emotional and mental health:

Connect - spend time developing and nurturing relationships with friends, family, neighbours and colleagues. Befriending services are available that can help support you if you are feeling lonely and isolated. You can find out more on our website at **www.derbyshire.gov.uk/befriendingservice**

Be active - try to find an activity that you enjoy, and that keeps you active, such as walking, swimming, cycling or playing football. Evidence shows that an improvement in your physical health can help improve your mental health. You can find out more about being active on our website at

www.derbyshire.gov.uk/healthylifestyles

Keep learning - learning new skills can boost confidence and give you a sense of achievement. You can find information about courses for adults on our Adult Community Education page. You can find out more on our Adult Community Education webpage at **www.derbyshire.gov.uk/adulteducation**

Give to others - helping others, saying thank you, or giving someone a smile can help to improve your self-esteem and improve your emotional health. Volunteering is a way to help in your community, build up new social networks, and giving you experience if you're looking for a job. There is more information about volunteering on our website: **www.derbyshire.gov.uk/volunteerpassport**

Take notice - being more aware of the present moment, the world around you and your own feelings and thoughts, can help you to positively change how you feel about life.

Self-Help

There are things that you can do to help yourself manage and recover from mental ill health. This can include anything from leading a healthier lifestyle, to joining self-help groups, working through self-help books and online courses. Some of these are recommended by health professionals to treat and improve mental ill health.

The following websites provide a list of self help groups in Derbyshire.

Visit: **www.communitydirectoryderbyshire.org.uk**

Visit: **www.derbyshire.gov.uk/derbyshiredirectory**

For the past couple of years Derbyshire libraries have been running a project called Reading for Health and Wellbeing encouraging people with mental health issues to read and talk about reading with others. Visit:

www.derbyshire.gov.uk/wellbeingreading

Bright Side courses are for anyone experiencing mental health difficulties and can help you to take the first steps to feeling more positive through learning new skills. Tel: **01629 536569** or visit:

www.derbyshire.gov.uk/brightside



Telephone Help

If you want to talk to someone right away, there are a number of mental health helplines you can call for immediate assistance. These are helplines with specially trained volunteers who will listen to you, understand what you're going through, and help you through the immediate crisis.

Samaritans - can be used in a crisis

Tel: **116 123**

email: **jo@samaritans.org**

Visit: **www.samaritans.org**

Mind Infoline - can be used in a crisis

Tel: **0300 123 3393** - 9am to 5pm Monday to Friday

email: **info@mind.org.uk**

Visit: **www.mind.org.uk**

Saneline - can be used in a crisis

Tel: **0845 767 8000** - 6pm to 11pm

Visit: **www.sane.org.uk**

Rethink Mental Illness Advice Line - not suitable for use in a crisis

Tel: **0300 5000 927** - 10am to 2pm Monday to Friday

email: **info@rethink.org**

Visit: **www.rethink.org**

ChildLine - can be used in a crisis

Tel: **0800 1111** - 24 hours a day

Visit: **www.childline.org.uk**



Services and Support

You should make an appointment to see your GP if you are worried about your mental health or that of someone close to you.

Your GP will assess your circumstances and offer appropriate advice or treatment. They can also refer you to a psychological therapy service or a specialist mental health service for further advice or treatment.

Your GP may refer you to a self-help group or talking therapies, such as counselling or Cognitive Behavioural Therapy. You can also self-refer into these types of therapy.

Psychological Therapy Services

There's a choice of three 'talking therapy' providers in Derbyshire (all services are free of charge):

Insight Healthcare

Tel: **0300 555 5582**

area: New Mills, Whaley Bridge, Buxton, Bakewell, Matlock, Heanor, Ilkeston and Derby (for those who work in Nottingham, services are available in Stapleford and Nottingham locations).

Visit: **www.insighthealthcare.org**

Talking Mental Health

Tel: **0300 123 0542**

area: Derbyshire wide - including Derby City

Visit: **www.derbyshirehealthcareft.nhs.uk/services/talking-mental-health-derbyshire**

Trent PTS (Psychological Therapies Service)

Tel: **01332 265 659**

area: Derby City, Chesterfield and Bolsover, Swadlincote, Ilkeston, Belper, Ripley, Wirksworth, Ashbourne and Alfreton

Visit: **www.trentpts.co.uk**

Recovery and Peer Support Service

Recovery is about helping people to achieve their own goals and aspirations. The new Recovery and Peer Support Service offers opportunities for people to learn more about their own mental health condition and ways to manage these, meet new friends, enjoy social activities and get help with issues such as housing, benefits and employment issues.

The service can offer support, training and funding to help people start and maintain their own peer support and self-help groups.

The service is provided by Rethink Mental Illness, Derbyshire Federation for Mental Health and P3 (charity).

Tel: **01773 734989**

Visit: www.rethink.org/derbyshirerecovery

Social Care Enablement Support

If you're struggling to cope with day-to-day life due to your mental health then our enablement workers may be able to help you. They can help with practical things like welfare benefits, housing, employment, accessing community activities and assisting you to overcome any difficulties you may be experiencing that are impacting on your day-to-day life.

This might include things like travelling on public transport, shopping, cooking on a budget or attending an educational course.

Call Derbyshire is the first point of contact for most enquiries.

Tel: **01629 533190**

email: contactcentre@derbyshire.gov.uk



What to do in a Crisis

For immediate, life-threatening emergencies, call 999

If you've had thoughts of self-harming or are feeling suicidal, contact someone immediately such as a friend, relative or someone you can trust.

If you feel like you're unable to manage your symptoms and feel unsafe, you should contact your GP or NHS 111 if out-of-hours.

If you, or someone you care about, is experiencing mental ill health and is in a crisis or emergency situation, the following organisations can help:

- Your GP - if possible your first point of contact should be your GP, as they will know your medical history and will decide the best action to take.
- If a health or social care professional (your care co-ordinator or key worker) has given you a specific phone number to call when you are concerned about your condition, continue to use that number.
- Adult Social Care and Health - during office hours contact Call Derbyshire on **01629 533190** - the call centre is open between 8am to 8pm on Monday to Friday, and 9:30am to 4:30pm on Saturday to provide you with a speedy and direct response.
- Adult Social Care and Health Out of Hours - in an emergency outside of normal office hours, call the Emergency Duty Team on **01629 532600**.

For less urgent health needs, contact your GP or local pharmacist in the usual way.

You could also get help from **The Samaritans**. They provide non-judgmental emotional support for people who are experiencing feelings of distress, despair or suicidal thoughts. Tel: **116 123** - 24 hours a day.

You can find details of other telephone support services on page 6.

Caring for someone with Mental Ill Health

The Carers in Derbyshire website is both a starting point and a one-stop-shop for carers who need information and advice about the resources available in Derbyshire to support them. The site deals with topics such as carers rights, carer assessments, emergency planning and welfare rights. There is also a searchable directory of local services for carers including:

- Carer support groups
- Social activities and groups
- Drop-in services
- Respite and sitting services
- Advice lines and online forums.



Visit the site at: **www.carersinderbyshire.org.uk**

If you are caring for someone and feel you need some support, **Derbyshire Carers Association** offer information, advice, 1-1 support and local carer support groups.

Visit: **www.derbyshirecarers.co.uk**

Tel: **01773 833833**

email: **info@derbyshirecarers.co.uk**

You can also have a carers assessment which will look at how your caring role is impacting on your own health and wellbeing. Help and support may be provided to help you in your caring role. Find out more at:

www.carersinderbyshire.org.uk/carers-assessment

Independent Community Advocacy

Independent Community Advocacy means getting support from another person to help you express your views and wishes and help to ensure your voice is heard. Someone who helps in this way is called an advocate.

If you're having difficulties using public services and you need help voicing what you want to say or being listened to, you can get support from the Independent Community Advocacy Service. This could include help with:

- accessing your GP or other health provider
- attending a welfare benefits medical appointment
- dealing with debt and finances.

Tel: **01332 623732**

Visit: **www.derbyshireindependentcommunityadvocacy.org.uk**

email: **enquiries@derbyshireindependentcommunityadvocacy.org.uk**

Independent Specialist Advocacy

If you or someone you know is in hospital as an informal patient or has been detained under the Mental Health Act 1983, then there is a specialist Independent Mental Health Advocacy service available to provide support in understanding your legal rights and being heard in relation to your care and treatment.

If someone lacks capacity to make their own decisions or has no one to represent their views, then an Independent Mental Capacity Advocate can represent the person's views and wishes in relation to decisions about:

- serious medical treatment
- changes in accommodation
- safeguarding processes.

Both of these services are provided by **Derbyshire MIND**

Tel: **01332 623732**

Visit: **www.derbyshiremind.org.uk**

Further Information

Derbyshire County Council Adult Social Care and Health department produces a range of information about its services and those provided by other organisations in the community. We provide information leaflets on a range of topics that can be downloaded or ordered from our website at www.derbyshire.gov.uk/careinfo, obtained from our staff, at a local office, or your local library.

Leaflets available include:

- Guide to Adult Social Care and Health - how we work and what we provide
- Guide to Carers Services - support, advice and information for carers
- Independent Financial Advice - how and where to find reliable professional advice
- Deferred Payment Scheme - how the scheme works
- Paying for Residential Care - how financial contributions are calculated
- Guide to First Contact - signposting to services and support
- Putting People First - comments, compliments and complaints
- Guide to Handy Van Services - practical help in your home.

Leaflets are available in standard, large print and Easy Read versions and, upon request, in other formats such as Braille or alternate languages. We also have videos, including BSL conversions on our YouTube channel at www.youtube.com/derbyshirecc

The Adult Social Care and Health Information Promise, a **FACT** you can rely on. **We promise to provide you with:**



Free information

Accurate information

Clear information

Trustworthy information

If you think we have broken our **FACT** promise, please let us know so we can make improvements.