



Improving mental health in Derbyshire

Derbyshire Recovery and Peer Support Service

This exciting new service has been developed in partnership with people like you. It aims to help people to improve and maintain their mental health and wellbeing; access social networks and peer-support and provide opportunities in your local community.

The service can offer access to:

- Targeted support through one-to-one and group sessions
- Self-help and peer support groups
- Telephone support
- Drop-in sessions
- Information and advice
- Recovery education to help you understand and manage your mental health condition
- Support in relation to housing, welfare benefits and employment if required
- Social and physical activities
- Supported signposting to other sources of community support
- Volunteering and peer-support training

How to access the service

If you or someone you know would benefit from accessing the service, please contact us through one of the following methods:

**Derbyshire Recovery and Peer Support Service,
The Croft, Slack Lane, Ripley, Derbyshire DE5 3HF**

Phone: 01773 734989 Fax: 01773 513196

Email: DerbyshireRecoveryPeerSupportService@rethink.org

 www.rethink.org/derbyshirerecovery

 www.facebook.com/groups/rethinkderbyshirerecovery/



In partnership with



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