

## Top mental health resources for SPECIFIC SITUATIONS

<b>Young people</b>	<b>Social isolation</b>
<p><b>Compass Support for counselling and support with behavioural or mental health issues</b>  <a href="https://www.compass-uk.org/services/compass-changing-lives">https://www.compass-uk.org/services/compass-changing-lives</a></p> <p><b>Young minds</b> advice and support for mental health for young people and their families. <a href="http://www.youngminds.org.uk/">www.youngminds.org.uk/</a></p> <p><b>Papyrus</b> : support for those &lt; 35 with suicidal thoughts or family member who is struggling <a href="http://www.papyrus-uk.org/">www.papyrus-uk.org/</a></p> <p><b>Kooth</b> Online digital based support 12 noon-10pm  <a href="http://www.kooth.com">www.kooth.com</a></p> 	<p><b>Social prescribing:</b> local advice and collaborative work with patients coaching them to increase social activities. Also provide support for behavioural/ mental health issues in those &lt; 18 years <a href="https://avcvs.org/vspa-voluntary-single-point-of-access">https://avcvs.org/vspa-voluntary-single-point-of-access</a></p> <p><b>Befriending Derbyshire:</b> 1-2- 1 voluntary scheme  <a href="http://www.derbyshirebefriending.org.uk/">www.derbyshirebefriending.org.uk/</a></p> <p><b>Volunteering:</b> to be matched with a suitable volunteer opportunities see  <a href="http://www.communityactionderby.org.uk/volunteering/volunteers/volunteer-centre-derby">www.communityactionderby.org.uk/volunteering/volunteers/volunteer-centre-derby</a></p>
<b>Domestic Violence</b>	<b>Autism/ ADHD support</b>
<p><b>Sail:</b> counselling and support for previous sexual violence  <a href="http://www.sailderbyshire.org.uk/">www.sailderbyshire.org.uk/</a></p> <p><b>SV2</b> provide support for current or previous sexual violence:  <a href="http://www.sv2.org.uk/">www.sv2.org.uk/</a></p> <p><b>Derbyshire domestic abuse helpline</b> who can refer on to appropriate support for current abuse  <a href="http://www.derbyshiredomesticabusehelpline.co.uk/">www.derbyshiredomesticabusehelpline.co.uk/</a></p>	<p>National autistic society can provide information and support: <a href="http://www.autism.org.uk/">www.autism.org.uk/</a></p> <p>ADHD UK provide similar for ADHD: <a href="http://adhduk.co.uk/">adhduk.co.uk/</a></p> <p>Ripley neurodiversity hub <a href="#">Four new community drop-in hubs opened for neurodiverse children and young people » Joined Up Care Derbyshire</a></p>
<b>Legal/ Employment/ financial/ benefits advice</b>	<b>Eating disorders</b>
<p>Citizen's advice bureau  <a href="http://www.citizensadvice Derbyshire districts.org.uk/">www.citizensadvice Derbyshire districts.org.uk/</a></p> <p>Debt advice: <a href="http://www.moneyhelper.org.uk/en?source=mas#">www.moneyhelper.org.uk/en?source=mas#</a></p>	<p>BEAT eating disorder support for patients and supporters <a href="http://www.beateatingdisorders.org.uk/">www.beateatingdisorders.org.uk/</a></p> <p>First Steps <a href="http://www.firststepsed.co.uk">www.firststepsed.co.uk</a></p>
<b>Bereavement</b>	<b>LGBTQ+</b>
<p>Cruse Bereavement Care <a href="http://www.cruse.org.uk">www.cruse.org.uk</a></p> <p>Hope Again (Cruse for &lt;18years) <a href="http://www.hopeagain.org.uk/">www.hopeagain.org.uk/</a></p> <p>Child Bereavement UK (for the loss of a child)  <a href="http://www.childbereavementuk.org/">www.childbereavementuk.org/</a></p>	<p>Local support for sexuality or gender identity:  <a href="http://www.derbyshirelgbt.org.uk/">www.derbyshirelgbt.org.uk/</a></p> <p>For Muslim specific issues LGBTQ support:  <a href="http://www.hidayahlgbt.com/">www.hidayahlgbt.com/</a></p>
<b>Self harm</b>	<b>Free self-directed exercise programmes</b>
<p><b>Harmless</b> provide support line and online information  <a href="https://harmless.org.uk">https://harmless.org.uk</a></p> <p>In depth leaflet exploring causes and self-help management of self harm <a href="#">Self Harm :: Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust (cntw.nhs.uk)</a></p>	<p><b>Couch to 5k app</b> takes you from no fitness to being able to run 5k in just 9 weeks.</p> <p><b>Yoga with Adriene</b> :  <a href="http://www.youtube.com/user/yogawithadriene">www.youtube.com/user/yogawithadriene</a></p>
<b>Doctors/ nurses</b>	<b>Drugs and Alcohol</b>
<p><b>Support for nurses from RCN:</b> <a href="https://www.rcn.org.uk/Get-Help/Member-support-services/Counselling-Service">https://www.rcn.org.uk/Get-Help/Member-support-services/Counselling-Service</a></p> <p><b>Practitioner health:</b> free counselling and support for doctors  <a href="http://www.practitionerhealth.nhs.uk/">www.practitionerhealth.nhs.uk/</a></p>	<p>For support with misuse of drugs or alcohol  <a href="http://www.derbyshirerecoverypartnership.co.uk/">www.derbyshirerecoverypartnership.co.uk/</a></p>

## Top mental health resources for EVERYONE

1 to 1 therapies	Self-directed CBT
<p><b>Talking therapy: through Trent PTS and others</b> please see <a href="https://www.joinupcarederbyshire.co.uk/your-services/improving-access-to-psychological-therapies-iapt/">joinedupcarederbyshire.co.uk/your-services/improving-access-to-psychological-therapies-iapt/</a></p> <p><b>Well being coaching:</b> <a href="https://www.livelifebetterderbyshire.org.uk/services/mental-wellbeing/mental-wellbeing.aspx">https://www.livelifebetterderbyshire.org.uk/services/mental-wellbeing/mental-wellbeing.aspx</a></p> 	<p><b>Living Life to the Full</b> (self directed online CBT based help for anxiety or depression) <a href="http://littf.com/">littf.com/</a></p> <p><b>NHS CBT based leaflet</b> <a href="http://web.nrw.nhs.uk/selfhelp/">web.nrw.nhs.uk/selfhelp/</a></p> <p><b>The little CBT workbook</b> by Michael Sinclair </p>
Crisis	Exercise
<p><b>Derbyshire mental health support</b> line call (any age) call <b>0800 028 0077</b></p> <p><b>Samaritans (tel: 116 123) or call NHS on 111 for support with suicidal thoughts.</b></p> <p><b>Shout</b> Text SHOUT to 85258 for text bases MH support (suitable for any age) <a href="http://giveusashout.org/">giveusashout.org/</a></p> <p><b>Papyrus</b> : support for those &lt; 35 with suicidal thoughts or family member who is struggling <a href="http://www.papyrus-uk.org/">www.papyrus-uk.org/</a></p> 	<p>Exercise on prescription (12 week free gym membership) <a href="https://www.livelifebetterderbyshire.org.uk/professionals/professionals.aspx">https://www.livelifebetterderbyshire.org.uk/professionals/professionals.aspx</a></p> <p>Daily Zoom online @ home classes: <a href="https://www.livelifebetterderbyshire.org.uk/services/getting-active/getting-active.aspx">https://www.livelifebetterderbyshire.org.uk/services/getting-active/getting-active.aspx</a></p> <p>We are Undefeatable (practical advice about how to get active with a long term physical condition) <a href="http://weareundefeatable.co.uk">weareundefeatable.co.uk</a></p> <p>Free football classes and fitness education for those 35-65 years and overweight <a href="http://www.efitrust.com/FITFANS/">www.efitrust.com/FITFANS/</a></p> 
Insomnia	Mindfulness
<p><b>Online leaflet</b> on understand sleep and how to improve it - <a href="https://web.nrw.nhs.uk/selfhelp/leaflets/Sleeping%20Problems.pdf">https://web.nrw.nhs.uk/selfhelp/leaflets/Sleeping%20Problems.pdf</a></p> <p><b>Medito app</b> found at <a href="https://meditofoundation.org/medito-app">https://meditofoundation.org/medito-app</a></p> <p><b>Headspace app</b>- sleep-casts and sleep radio (some free, some paid content)</p> 	<p><b>Smiling mind app:</b> kids and adults (all free) <a href="http://www.smilingmind.com.au/">www.smilingmind.com.au/</a></p> <p><b>Insight timer app:</b> free (some additional paid content) <a href="http://insighttimer.com/en-gb">insighttimer.com/en-gb</a></p> <p>Book: <b>Mindfulness: A practical guide to finding peace in a frantic world</b></p>
Anxiety symptoms	Peer support
<p><b>Insight timer app:</b> mostly free <a href="http://insighttimer.com/en-gb">insighttimer.com/en-gb</a></p> <p>Book: <b>Overcoming Anxiety: A Self-Help Guide Using Cognitive Behavioural Techniques</b> by Helen Kennerley</p> <p>In depth online anxiety leaflet with exercises: <a href="http://www.cntw.nhs.uk">Anxiety Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust (cntw.nhs.uk)</a></p> 	<p>Local support groups/ befriending for mental health: <a href="http://www.rethink.org/help-in-your-area/services/community-support/derbyshire-recovery-and-peer-support-service/">www.rethink.org/help-in-your-area/services/community-support/derbyshire-recovery-and-peer-support-service/</a></p>
Patient education	Helplines
<p>Books on prescription from local library – about 20 books on mindfulness, CBT, sleeping. <a href="https://reading-well.org.uk/books/books-on-prescription/mental-health">https://reading-well.org.uk/books/books-on-prescription/mental-health</a></p> <p><a href="https://web.nrw.nhs.uk/selfhelp/">https://web.nrw.nhs.uk/selfhelp/</a> patient leaflets that are CBT based for self help</p>	<p><b>Derbyshire Mental Health Helpline and Support Service</b> on <b>0800 028 0077</b></p> <p><b>Mind Info Line:</b> 0300 123 3393 / <a href="http://www.mind.org.uk/">www.mind.org.uk/</a></p> <p><b>Campaign Against Living Miserably (CALM) helpline:</b> 0800 58 58 58 or see <a href="http://www.thecalmzone.net/">www.thecalmzone.net/</a></p>