

DERBY AND DERBYSHIRE

LOCAL MENTAL HEALTH SERVICES & COMMUNITY GROUPS

MENTAL HEALTH SERVICES



Derby City Life Links

<https://derbycitylifelinks.org.uk>

0800 0322202

Derbyshire Mental Health Helpline and Support Service

<https://www.derbyshirehealthcareft.nhs.uk>

111 - choose mental health option 2

Derbyshire Mind

<https://www.derbyshiremind.org.uk>

01332 623732

COMMUNITY GROUPS

Derby and Derbyshire Talking Therapies

<https://derby-talk.co.uk>

03330417262

Living Well Derbyshire

<https://www.livingwellderbyshire.org.uk>

Vita Health Group

<https://vitahealthgroup.co.uk>

03330417262