

IVY GROVE SURGERY

INFORMATION ON ALCOHOL AND DRUG ADDICTION SERVICES

We are providing some information on alcohol and drug addiction services and extra help that you can get for your condition.

SELF-REFERRAL

These services are accessed through self-referral. This is to encourage active participation and motivate patients to engage with services in order to help themselves.

Please contact any one of the providers below to get help.

Provider	Website and Contact Number
Derbyshire Recovery Partnership	01773 744594
Alcoholics Anonymous	0845 769 7555
Derbyshire Alcohol Advice Service	0845 308 4010
Unity Mill, Belper (Alcohol and substance misuse)	01773 829966
Derbyshire Community Alcohol Team	01332 547900

COUNSELLING

Free counselling on the NHS is available in this area. You can refer yourself to these services, without needing to see a doctor first. The services deal with such conditions as anger issues, anxiety, depression, mood problems, obsessive-compulsive disorder (OCD), panic, phobias, stress and psychological trauma.

Please contact any one of the providers below to get help.

Provider	Website and Contact Number
Let's Talk Wellbeing	www.letstalkwellbeing.co.uk 01159 560888
Insight Healthcare	www.insighthealthcare.org.uk 0300 555 5582
Talking Mental Health Derbyshire	www.derbyshirementalhealthservices.nhs.uk 0300 123 0542
Trent Psychological Therapy Services	www.trentpts.co.uk 01332 265659

SELF-HELP LEAFLETS

You can also download some very useful information leaflets for free from:

<http://www.ntw.nhs.uk/pic/selfhelp/>