

About Rethink Mental Illness

Rethink Mental Illness is a charity that believes a better life is possible for millions of people affected by mental illness. For more than 40 years we have brought people together to support each other. We run services and support groups that change people's lives and challenge attitudes about mental illness.

We directly support almost 60,000 people every year across England to get through crises, to live independently and to realise they are not alone. We give information and advice to 500,000 more and we change policy and attitudes for millions.



In partnership with



Leading the way to a better quality of life for everyone affected by severe mental illness.

For further information
on Rethink Mental Illness
Phone 0121 522 7007
Email info@rethink.org

- facebook.com/rethinkcharity
- twitter.com/rethink_
- www.rethink.org

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Derbyshire Recovery and Peer Support Service



Improving mental health in Derbyshire



Do you or someone you know have a mental health issue?

Does it prevent you from enjoying life?

We can help you...

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



The service is also developing a network of self-help and peer support groups across Derbyshire. Some of these are well established groups, but there are opportunities and funding to start up new groups and continue to grow and develop these to provide a network of support across the county.

How do I 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



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