

INFORMATION ON PSYCHOLOGICAL SERVICES AND OTHER HELP

Dear Patient

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

FREE COUNSELLING BY SELF-REFERRAL

Free counselling on the NHS is available in this area. **You 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.

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
VitaMinds	vitahealthgroup.co.uk/vitaminds 0333 0153 496

OTHER CONTACTS

You can also contact these providers below directly without needing to see a doctor first:

Provider	Contact Number
ChildLine	0800 1111
Cruse Bereavement Care	0844 477 9400
Domestic Abuse Helpline	08000 198 668
Focusline (Rethink) (for people with mental illness and their carers)	0300 5000 927
Harmless (national voluntary organisation for people who self-harm)	harmless.org.uk
Kooth.com (free anonymous online support for young people)	kooth.com
Mind	0300 123 3393
NHS 111	111
Qwell (free online counselling and well-being platform)	qwell.io
Relate (marital guidance)	01332 345678
Safe Speak (counselling for 5 to 18 year olds)	01332 349177
Samaritans	116 123 (free)
Saneline (emotional support, guidance and information)	0300 304 7000
Young Minds Parents Helpline (advice to carers/parents of under 25s)	0808 802 5544

IN AN EMERGENCY AND IN NEED OF URGENT HELP?

If you feel at imminent risk of self-harm, please seek help urgently. You are not alone. You can ring us, contact NHS111, dial 999, speak to the Samaritans, present yourself to the nearest A&E department, speak to your counsellor or community psychiatric nurse if you have one or speak to a trusted friend or family member.

SELF-HELP LEAFLETS

You can also download some very useful and well recommended information leaflets on all the above topics, including others, like sleeping problems, health anxiety, eating disorders, shyness and bereavement:

web.nrw.nhs.uk/selfhelp