

<b>Derbyshire: Sample Support Services</b>		
<b>Emergency Services</b>	999	Emergency response from Police, Fire Service and Ambulance Service
<b>NHS Direct</b>	Helpline: 111	National nurse-led helpline providing medical advice, non-emergency helpline. 24/7
<b>Harmless</b>	<a href="http://www.harmless.org.uk">www.harmless.org.uk</a> <a href="mailto:info@harmless.org.uk">info@harmless.org.uk</a>	Harmless is a user led organisation that provides a range of services about self harm including support, information, training and consultancy to people who self harm, their friends and families and professionals. Monday – Friday 9:00am – 5:00pm
<b>The Tomorrow Project</b>	Email: <a href="mailto:tomorrowproject@harmless.org.uk">tomorrowproject@harmless.org.uk</a> <a href="http://www.tomorrowproject.org.uk">www.tomorrowproject.org.uk</a>	The Tomorrow Project was set up to support those that have been affected by suicide.
<b>HOPELineUK</b>	Helpline: 08000684141	A confidential helpline service staffed by trained professionals who can give support, practical advice and information to anyone concerned that a young person they know may be at risk of harming themselves. The helpline is open Monday – Friday 10am – 5pm and 7pm – 10pm. 2pm – 5pm on weekends
<b>Crisis resolution and home treatment teams</b>	Derby City and South Derbyshire - Tel: 01332 623700 ext 33900 (24 hours, Monday to Sunday)  North Derbyshire - Tel: 01246 512831 (24 hours, Monday to Sunday); or 01246 277271 (10pm - 8am, Monday to Sunday if no answer on the main number)	The teams aim to provide a safe service in the least restrictive environment, causing minimum disruption to the service user's life, whilst meeting the needs of people experiencing an acute mental health crisis.  The service also acts as a 'gate keeper' to the inpatient mental health services, responding to individuals with acute mental

		<p>health problems and referring them to the most appropriate service.</p> <p>It is a 24 hour service with a rapid response level to referrals. The crisis resolution and home treatment teams provide an intensive service aiming to intervene and support service users in the early stages of acute psychiatric presentations.</p>
<b>Derbyshire MIND</b>	<a href="http://www.derbyshiremind.org.uk/contact-us/">http://www.derbyshiremind.org.uk/contact-us/</a>	Mind supports over 400,000 people across England and Wales. Their services include supported housing, crisis helplines, drop-in centre's, employment and training schemes, counselling and befriending.
<b>Derbyshire LGBT</b>	Helpline: 01332 207704 <a href="mailto:info@derbyshirelgbt.org.uk">info@derbyshirelgbt.org.uk</a>	Provides information and support for lesbians, gay men, bisexuals and trans people
<b>SVT</b>	Helpline: 01773 746115	Help and Advice for victims of sexual violence in Derby and Derbyshire. SV2 will support individuals regardless of when their experience of sexual abuse or violence occurred. They support all genders from any age and offer counselling to anyone aged 14+.
<b>Safe Speak</b>	<p><a href="http://www.safespeak.org.uk/">http://www.safespeak.org.uk/</a></p> <p>Email us at: <a href="mailto:info@safespeak.org.uk">info@safespeak.org.uk</a></p> <p>Call us on: 0800 093 5264 (free from land lines) or 01332 349301</p> <p>Write to us at: Relate Safe Speak, 3 Wentworth House, Vernon Gate,</p>	Safe Speak is Relate Derby and Southern Derbyshire's counselling service for people aged nine to 19 and living in Derbyshire. They work in selected schools and other places across the county. The service is free and confidential.

	Derby DE1 1UR	
<b>Derby Women's Centre</b>	Telephone: 01332 341633 (10am–4pm Monday–Friday) <a href="mailto:enquiries@derbywomenscentre.co.uk">enquiries@derbywomenscentre.co.uk</a>	We are a leading provider of support services for women in Derby and Derbyshire. We aim to reduce economic inequality, improve mental well being and facilitate personal development. To do this, we offer support and guidance, signposting, counselling, legal advice and social activities and courses.
<b>Rise Above</b>	<a href="https://riseabove.org.uk/">https://riseabove.org.uk/</a>	Is a site which offers help for young people on how to deal with personal and emotional issues. It's aimed at 11 to 16 year olds and tackles topics such as puberty, relationships, alcohol, self-harm, smoking, contraceptive choices, drugs, body confidence, peer pressure and mental health
<b>B-EAT youth helpline</b>	Tel: 0845 634 7650 Monday to Friday evenings between 4.30pm and 8.30pm and Saturdays between 1pm and 4.30pm. <a href="https://www.b-eat.co.uk/">https://www.b-eat.co.uk/</a>	Offers information, help and support for anyone affected by eating disorders. They also run online support groups and message boards.
<b>Break out</b>	Breakout Space@Connexions Curzon House 8 Curzon Street Derby, DE1 1LL  Tel: 01332 641661  Email: <a href="mailto:breakout@derbyshcft.nhs.uk">breakout@derbyshcft.nhs.uk</a>  Monday to Friday, 9.00am - 5.00pm	Offer a confidential specialist service; this means we will not talk to other people about your support or treatment unless you want us to. In rare cases we may have to but we will always aim to speak to you first. Read our Confidentiality Agreement for more information. Treatment and support: we can create a support or treatment package based on you and one that fits in with your lifestyle. One-to-one support. Detox programs: if you need help coming

	<a href="http://www.derbyshirehealthcareft.nhs.uk/breakout/what-we-offer/">http://www.derbyshirehealthcareft.nhs.uk/breakout/what-we-offer/</a>	<p>off a drug or alcohol we can help you to come off it.</p> <p>Vaccinations: if you're using certain drugs you're more at risk of catching viruses, we can help to protect you against this but we will talk you through it first.</p> <p>Work on coping mechanisms: we can help you to find other ways to cope rather than taking drugs when bad things happen.</p>
<b>SANELINE</b>	<p>Helpline: 0845 7678000</p> <p><a href="http://www.sane.org.uk">www.sane.org.uk</a> or <a href="mailto:sanemail@sane.org.uk">sanemail@sane.org.uk</a></p>	<p>SANELINE is a national, 7 days a week, out-of-hours telephone helpline for anyone coping with mental illness, including concerned relatives or friends.</p>
<b>Victim Support</b>	<p>Helpline: 0800 612 6505</p>	<p>A support service to those that have been a victim of crime. Opening times - Monday to Friday 8am-8pm and Saturdays 9am-5pm. If you need support outside of our open hours, call our Supportline for free on 0808 1689 111</p>
<b>Narcotics Anonymous</b>	<p>Helpline: 0300 999 1212 (to find a local group)</p> <p><a href="http://www.ukna.org">www.ukna.org</a></p>	<p>For anyone with a drug problem who has a desire to stop using. 365 days a year, 24 hours a day</p>
<b>Counselling Directory</b>	<p>Helpline: 0844 8030 240</p> <p><a href="http://www.counselling-directory.org.uk">www.counselling-directory.org.uk</a></p>	<p>Find a counsellor or psychotherapist dealing with suicidal thoughts</p>
<b>Citizens Advice Bureau</b>	<p>Adviceline, our national phone service, is fully operational in Wales for people who live or work there. In England the service is currently being rolled out. If it is not yet available in your area, you will hear options for recorded information:</p> <p>For England call 03444 111 444 or check contact details via our local Citizens Advice search option</p>	<p>We aim to provide the advice people need for the problems they face and improve the policies and practices that affect people's lives.</p> <p>We provide free, independent, confidential and impartial advice to everyone on their rights and responsibilities. We value diversity, promote equality and challenge discrimination.</p>

Further Resources		
<b>Age UK</b>	0800 169 6565 <a href="http://www.ageuk.org.uk">www.ageuk.org.uk</a>	Advice and support for senior citizens
<b>Young Minds</b>	0808 802 5544 <a href="mailto:ymentquiries@youngminds.org.uk">ymentquiries@youngminds.org.uk</a>	Offer free, information and advice, to any adult worried about a child or young person up to the age of 25.
<b>Alcoholics Anonymous</b>	0800 9177 650 <a href="mailto:help@aamail.org">help@aamail.org</a>	Helps those that are alcohol dependent in order to aid sobriety.
<b>Samaritans</b>	0115 941 1111	Emotional support for those in distress
<b>Depression Alliance</b>	0800 123 2320	Support and info for people with depression
<b>Frank</b>	0800 77 66 00 SMS: 82111 <a href="http://www.talktofrank.com">www.talktofrank.com</a>	Drugs information and resource
<b>Refuge</b>	0808 2000 247 <a href="http://www.refuge.org.uk">www.refuge.org.uk</a>	24 hour domestic violence helpline service
<b>Cruse</b>	0844 477 9400 <a href="mailto:helpline@cruse.org.uk">helpline@cruse.org.uk</a>	Bereavement support
<b>LGBT Switchboard</b>	0300 330 0630 <a href="mailto:admin@lgs.org.uk">admin@lgs.org.uk</a>	Helpline open to all in UK daily 10:00am – 11:00pm
<b>Anxiety Alliance</b>	Helpline: 0845 296 7877 <a href="http://www.anxietyalliance.org.uk">www.anxietyalliance.org.uk</a>	Support for those suffering from stress/anxiety
<b>Childline</b>	Helpline: 0800 1111 <a href="http://www.childline.org.uk">www.childline.org.uk</a>	Support for children
<b>No Panic</b>	Helpline: 0800 138 8889 (10:00am – 10:00pm) <a href="http://www.nopanic.org.uk">www.nopanic.org.uk</a>	Support for anxiety, phobias or depression
<b>Mind (National)</b>	<a href="http://www.mind.org.uk">www.mind.org.uk</a>	Mental Health issues, further resources
<b>BiPolar UK</b>	0207 931 6480 <a href="http://www.mdf.org.uk">www.mdf.org.uk</a>	Information on bipolar disorder and links
<b>Rethink</b>	<a href="http://www.rethink.org">www.rethink.org</a>	Information and support related to depression
<b>Survivors of Suicide</b>	<a href="http://www.survivorsofsuicide.com">www.survivorsofsuicide.com</a>	Resources, support and advice
<b>Depression Room</b>	<a href="http://www.depressionroom.com">www.depressionroom.com</a>	A user driven mental health support forum
<b>CBT Self Help Resources</b>	<a href="http://www.get.gg/suicidal.htm">www.get.gg/suicidal.htm</a>	Cognitive behavioural therapy self help measures
<b>Self Help for the Suicidal</b>	<a href="http://www.selfhelpforthesuicidal.co.uk">www.selfhelpforthesuicidal.co.uk</a>	Self help resource
<b>DBT Self Help Resource</b>	<a href="http://www.dbtselfhelp.com">www.dbtselfhelp.com</a>	Dialectical Behaviour Therapy self help resources

*This list is not exhaustive and in sharing this information we are not recommending any of these services. It is always sensible to contact a service to see if it is suitable for your needs. We try to keep information up to date. However, services change regularly and therefore we cannot take responsibilities for inaccuracies. If you are aware of any changes or you think we should add to this list, please email us at;*

**training@harmless.org.uk**

Copyright © 2018 Harmless