

Mental Health Support in Derbyshire



Support is available for you and anyone you know who may be struggling with their mental health.

If you or someone you know is feeling suicidal, there are people you can talk to:

- speak to a friend, family member or someone you trust
- call the **Derbyshire Mental Health Support Helpline** on 0800 028 0077 (7 days a week, 24/7)
- call the Samaritans 24-hour support service on 116 123 or **contact Samaritans online**
- Text **Shout to 85258** to access a free, confidential, 24/7 text messaging support service if you are struggling to cope. If you are deaf, text **DEAF to 85258**.
- <https://derbyandderbyshireemotionalhealthandwellbeing.uk/suicide-prevention/get-help-now>

Urgent Mental Health Crisis Care Services

There are a range of local support services for adults with immediate mental health needs in Derby and Derbyshire.

Chesterfield Safe Haven

- Address: 188 North Wingfield Road, Grassmoor, Chesterfield, S42 5EJ
- Open every evening from 4.30pm to 12.30am
- Telephone: **01246 949410** or **make a booking online**.

Specialist Suicide Bereavement Support – for anyone affected by a death by suicide

The infographic features a dark blue background with several text boxes. At the top left, a light green speech bubble contains the title 'Suicide Bereavement Support'. To the right is a circular logo with a purple border and a colorful umbrella. Below the title, a light blue box states 'The Tomorrow Project supports anyone bereaved by suicide' followed by a bulleted list: 'of any age', 'regardless of their relationship', and 'as individuals or a group'. An orange box at the bottom right provides contact information: 'For information and to self refer visit: www.bit.ly/DerbyshireSBS Or Call: 01246 541 935'. The 'THE TOMORROW PROJECT' logo is in the bottom left corner.

The Tomorrow Project is here to help anyone bereaved or affected by suicide. We provide information, advice and emotional support to anyone:

- of any age
- who might be struggling following a suicide
- supporting someone you are worried about following a suicide
- regardless of relationship to the person they lost.

You can find out more and self refer online [here](#)

Getting support at the right time and knowing where to turn for help is so important. Check out the link to see what support is available on the **Derby and Derbyshire Emotional Health and Wellbeing Website** on <https://bit.ly/mhsupportservices>