**Derby support services.**

**The Space@Connexions** – 8 Curzon St Derby DE1 1LL tel. 01332 643900

Information on

General health, housing and homelessness, mental health, money and finance, sexual health, teenage pregnancy

Homeless tonight – Council House in city centre near bus station and crown court.

**Counselling**

Trent PTS – 01332 265659 16+yrs [www.trentpts.co.uk](http://www.trentpts.co.uk) self-referral online.

Safe Speak – free live chat 01332 349301/08000935264

**CAMHS** Temple House Mill Hill Lane Derby **– 0300 790 0264**

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**Contact Us if you are 16 or over. Derbyshire**

Self-refer: before you refer yourself, please read our [‘Interested in having talking therapy?'](http://www.derbyshirehealthcareft.nhs.uk/services/talking-mental-health-derbyshire-home/interested-in-talking-therapy/) section.

This section has Information and Questionnaires to help you decide whether a referral is needed, or if Self help might be a better option for you. If you have questions for us after reading any of the information on the website, or about completing the referral form, then please see our contact details below:

**If you prefer, download a copy of our** [**Self-referral leaflet**](http://www.derbyshirehealthcareft.nhs.uk/EasySiteWeb/GatewayLink.aspx?alId=21849)**Telephone: 0300 123 0542.**  Normal office hours are Monday to Friday 9am-5pm. You can also choose to leave a non-urgent confidential message and someone will return your call.

**Email**: **talking@derbyshcft.nhs.uk**

**Office address**: Talking Mental Health Derbyshire, [**Ilkeston Resource Centre**](http://www.derbyshirehealthcareft.nhs.uk/contact-us/site-locations/ilkeston-resource-centre-midway-day-hospital/)**,** Ilkeston Community Hospital, Heanor Road, Ilkeston DE7 8TL.

Can't wait?

Should you feel that you need to speak to someone urgently, we recommend that you contact your GP surgery and speak to the duty doctor. If your GP surgery is closed, the following organisations may be able to offer you support:

* **NHS**: 111
* **Samaritans**: 116 123
* **Focus Line**: 0800 027 2127 (open 5:00pm to 9:00am Monday to Friday, 24 hour weekends). The

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Mix – Get connected under 25’s free helpline 0808 8084994

Text 85258

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Voice Collective (hearing voices?)

Tel 020 79110822

Email info@voicecollective.co.uk

Voice Collective.co.uk website hearing voices self help

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If you, a friend or relative are experiencing mental health problems for the first time and need emergency treatment, you should contact your GP.

Your GP is your family doctor, the doctor you would normally go to see if you are ill or concerned about any aspect of your health. They will be able to refer you to the most appropriate mental health services in your area. If you feel this is an emergency, you should be able to get an appointment quickly. GP practices also have out of hours numbers for times when the surgery is not open. Alternatively, A&E where you can access the on call psychiatrist

Please see below the link for the Muslim Youth helpline. They offer online counselling as well as other support. <https://www.myh.org.uk/>

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Someone who is waiting for a referral for CBT, may like to try the following link.

* [https://www.getselfhelp.co.uk//step1.htm](https://www.getselfhelp.co.uk/step1.htm)