

Mental Health and Wellbeing

Information on services to help you with your Mental Health and Wellbeing



Bad Mental Health



Bad Mental Health is feeling sad angry or lonely for a long time



We all have times when we feel sad



If you feel sad for a long time it may be a Mental Health problem called **anxiety** or **depression**

Good Mental Health and Wellbeing

 A photograph of a woman with dark hair, wearing a grey long-sleeved top and a black skirt, standing and smiling.	<p>Mental wellbeing is feeling good and well</p>
 A close-up photograph of a hand with the thumb pointing up, signifying approval or a positive gesture.	<p>Good Mental Health would let you enjoy:</p>
 A photograph of a family consisting of a woman, a man, and two children sitting together on a couch and smiling.	<p>Family Life</p>
 A photograph of a man with glasses and a beard, wearing a red jacket, sitting in a black office chair and smiling while talking on a red telephone.	<p>Work</p>
 A photograph of two young men standing together; one has his arm around the other's shoulder, and they are both smiling.	<p>Friendships</p>

Things you can do to make yourself feel better



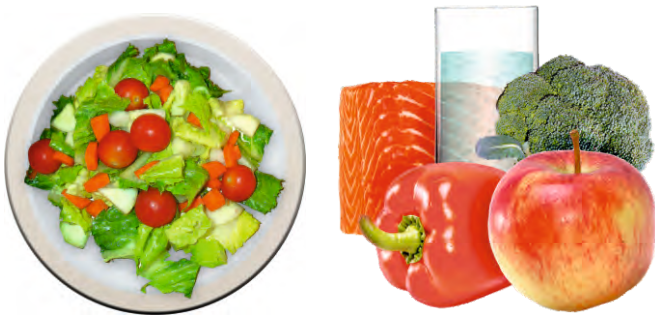
Spend time with friends family neighbours or people you work with



Trying new things can help your mental health and wellbeing



Helping other people saying thank you or smiling can help you feel happy



Eating healthy food

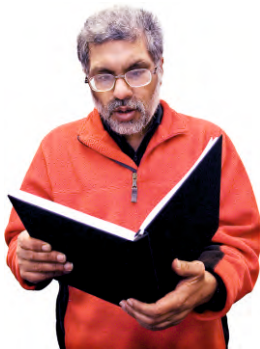


Playing sports and exercising regularly

Things you can do to make yourself feel better



Self help groups



Reading books



Online courses



You can volunteer in your community to meet new people



Our website can help you find more information about volunteering

www.derbyshire.gov.uk

[/volunteer](http://www.derbyshire.gov.uk/volunteer)

Mental Health Services and support



You can make an appointment to see your doctor if you are worried about your mental health



Your doctor might find someone you can talk to or a group you can attend



If you live in Derbyshire we have people you can speak to on the telephone. This is called a **talking therapy**

Mental Health Services and Support

New Mills	Whaley Bridge	Buxton
Bakewell	Matlock	Heanor
Ilkeston	Derby	Nottingham



Insight Healthcare

0300 555 5582

www.insighthealthcare.org

All of Derbyshire

Talking Mental Health

0300 123 0542

www.derbyshirehealthcareft.nhs.uk/services/talking-mental-health-derbyshire



Mental Health Services and Support



Chesterfield and Bolsover	
Ilkeston	Belper
Ripley	Wirksworth
Derby City	
Swadlincote	
Ashbourne and Alfreton	
Trent PTS	
01332 265 659	
www.trentpts.co.uk	

What to do if you need help now



If you feel that you need help and it is an emergency you can call **999**



If you feel that you are not safe and you are upset you can call **NHS 111** and they will be able to help



If you or someone you care about needs help you can always speak to your **doctor** or a **pharmacy** for advice

If you need to talk to someone you can call any of these numbers:



Samaritans

116 123

jo@samaritans.org

www.samaritans.org

Contact anytime

Mind Infoline

0300 123 3393

info@mind.org.uk

www.mind.org.uk

9am to 5pm

Monday to Friday

If you need to talk to someone you can call any of these numbers:



6:00

11:00

Saneline

0845 767 8000

www.sane.org

6pm to 11pm

Monday to Friday



ChildLine

0800 1111

www.childline.org.uk

Contact anytime

Call Derbyshire



If you feel that you may be sad and unhappy everyday then adult care workers may be able to help



We can help with

- Welfare benefits
- housing
- employment
- activities



You can ring Call Derbyshire on **01629 533190**



or email **contactcentre@derbyshire.gov.uk**

Further Information



You can find our other easy read leaflets on our website at www.derbyshire.gov.uk/easyread



We also have a YouTube channel with helpful videos with some in British Sign Language
www.youtube.com/user/Derbyshirecc



All our information should be

- **Free**
- **Accurate**
- **Clear**
- **Trustworthy**

Please let us know if you think we could make our information better