**Derbyshire information and training**

Getting help in a crisis see <http://derbyshirehealthcareft.nhs.uk/getting-help/mental-health-crisis/> these pages not only give a succinct guide to those in crisis but also significant information under ‘services’ and ‘getting help’ tab including self help and self referral information. Or go to your GP.

East Midlands Suicide Awareness Project: offers half day awareness training. Men are three times more likely to take their own lives compared with women, people aged 35-49 have a comparatively high rate of suicide. See <http://www.ruralactionderbyshire.org.uk/> or search Eventbrite for ‘Suicide awareness seminar’. This project is located at Rural Action Derbyshire 01629 592970.

Derbyshire Carers: supporting mental health carers in Derbyshire (includes Derby) see <https://derbyshirecarers.co.uk/> tel: 01773 833833 / 0777317393 e: [info@derbyshirecarers.co.uk](mailto:info@derbyshirecarers.co.uk) Services include conducting carers assessments, training opportunities and support services.

Derbyshire Mental Health Forum: 01773 599995 e: [info@dmhf.org.uk](mailto:info@dmhf.org.uk) web: [www.dmhf.org.uk](http://www.dmhf.org.uk) . Networking and representation from the charitable sector to relevant statutory bodies, commissioners in CCGs etc. Offers access to local training.

Derbyshire Voluntary Action: has a countywide directory of self-help and support groups see <http://www.ndva.org.uk/> produce a network newsletter tel: 01246 555908.

**Telephone support:**

SaneLine 0845 767 8000

National Dementia Helpline: 0845 300 0336.

Childline 0800 1111.

Family Lives Helpline: ‘Parentline’ on 0808 800 2222.

Samaritans: 08457 90 90 90 or <http://www.samaritans.org/how-we-can-help-you/contact-us>

Age UK, advice helpline tel: 0800 169 6565.

The Farm Crisis Network National Helpline is: 03000 111 999.

**Web based support**

SaneLine <http://www.sane.org.uk/home>

Self injury support, see <http://www.selfinjurysupport.org.uk/helpful-national-services>

Alzheimers Society -Talking point [www.alzheimers.org.uk/talkingpoint](http://www.alzheimers.org.uk/talkingpoint)

Family Lives: [www.familylives.org.uk](http://www.familylives.org.uk)

Childline <http://www.childline.org.uk/pages/home.aspx>

Samaritans: <http://www.samaritans.org/how-we-can-help-you/contact-us>

Drug and Alcohol concerns: Derbyshire recovery partnership (includes City) offers services for 18+ referrals 01246 206 514 e: [info@Derbyshirerecoverypartnership.co.uk](mailto:info@Derbyshirerecoverypartnership.co.uk) see [www.derbyshirerecoverypartnership.co.uk](http://www.derbyshirerecoverypartnership.co.uk) includes carer support.

Frank; friendly, confidential drugs advice, (national site) <http://www.talktofrank.com/>

Age UK, advice helpline tel: 0800 169 6565 or <http://www.ageuk.org.uk/>

**Local chaplains, charities/ organisations offering support services**

Agricultural chaplaincy contact Revd Alan Griggs on 07710088972 or email: [a.griggs@ruralactionderbyshire.org.uk](mailto:a.griggs@ruralactionderbyshire.org.uk)

Workplace chaplaincy: see <http://www.derby.anglican.org/en/our-mission/chaplains.html>

SSAFA the armed forces charity: supporting for currently serving service men and women and veterans: 0800 731 4880

First Steps Derbyshire: Bringing Hope, Opportunities and Choices to lives affected by Eating Disorders. t: 01332 367571 e: [info@firststepsed.co.uk](mailto:info@firststepsed.co.uk) w: [www.firststepsderbyshire.co.uk](http://www.firststepsderbyshire.co.uk) f: [www.facebook.com/firststepsderbyshire](http://www.facebook.com/firststepsderbyshire)

**Web resources:**

Derbyshire Healthcare Foundation Trust have produced a Glossary of words and NHS acronyms which may be particularly useful when navigating in the early stages of a diagnosis or illness, see <http://www.corecarestandards.co.uk/contact-us-glossary/glossary/>

Mind tel: 0300 123 3393 or see <http://www.mind.org.uk/help> This includes useful synopses of different conditions under ‘information and support’ with FAQs and comment on potential help.

The Alzheimer’s Society offer a course 'Dementia friends' (well received at clergy conference and Church House in 2017). Contact 01332 208845. Their web based information on Alzheimer’s disease and dementia is excellent web: [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

For information for Families, Adult Care or Carers for people in Derby City got to: <http://www.derby.gov.uk/health-and-social-care/>

**To report immediate Safeguarding concerns**: Diocese 01332 388678.

Derbyshire: Call Derbyshire: 08 456 058 058 or 01629 533190.

Derby City: 01332 717118 and out of hours 711250.

Derbyshire Domestic Abuse Helpline (includes Derby City) tel: 08000 198 668. For advice, guidance and referral.

**Resources identified useful by Mental Health steering group** are added to Diocesan web page: <http://www.derby.anglican.org/en/our-mission/mental-health.html> The steering group includes people with a diagnosis, people who are carers and people from the Diocese with mental health expertise or who engage with people with a mental health condition. Contact: Stella Collishaw for more information.