

Support for Individuals in a Mental Health Crisis:

If you find yourself experiencing symptoms of a mental health crisis including difficult intense emotions, an increase in your symptoms, or feel unable to keep yourself safe, you have lots of support options. Here are a selection:

Contact any of the below numbers:

- Contact your GP, or other clinical support teams that you are under the care of.
- Call the Derbyshire NHS Mental Health Crisis number: 0800 028 0077 (Open for calls 24/7)
- Call The Samaritans on 116 123 or text 'SHOUT' to 85258
- The National Domestic Abuse Helpline: Call 0808 2000 247
- If you are looking for general information you can also call the Mind Infoline: 0300 123 3393
- Please note: Derbyshire Mind does not have a phonenumber for use in a mental health crisis.

Non-Clinical In-Person MH Support: Drop-In Services:

Open: From 4.30 – 12.30pm 7 days a week. No need to book.

- Derby: Trevayler, 309 Burton Road, Derby, DE23 6AG.
(For Info: www.derbycitylifelinks.org.uk/safe-haven)
- Chesterfield: 188 North Wingfield Road, Grassmoor, Chesterfield, S42 5EJ
(For Info: www.p3charity.org/services/derbyshire-safe-haven)

Non-Clinical In-Person MH Support: Drop-In Services:

Open: 6-11pm on Friday & Saturdays, 2.30-5.30pm on Sundays. No need to book.

- Ripley: The Croft, Slack Lane, Ripley, DE5 3HF (Just off Ripley Market Place)
- Swadlincote: 12-14 West Street, Swadlincote, DE11 9DG (Opposite Empire Cinema)
- Buxton: Zink HQ, Clough Street, Buxton, SK17 6LJ (Within Market Street Car Park)
(For Info: www.derbyshiremind.org.uk/crisisservices)

Other Useful Contact Numbers:

- The Derbyshire Mental Health Helpline:: 0800 028 0077
- The Samaritans on 116 123 or text 'SHOUT' to 85258
- The National Domestic Abuse Helpline: Call 0808 2000 247
- Derbyshire Victim Support: 0800 612 6505
- The Elm Foundation: 08000 198 668
- SV2: 01773 746 115
- Papyrus (suicide support line for under 35s, 9am-midnight everyday): 0800 068 4141

**If you feel like your life is at risk, or you have seriously harmed yourself:
Call 999 immediately. This is an emergency.**