

MENTAL HEALTH ORGANISATIONS IN-AND-AROUND DERBY

(version 22/9/26)

ORGANISATION	SCOPE	UPDATE FROM
Accident and Emergency Royal Derby Hospital Uttoxeter Road, Derby	If a person has hurt themselves on purpose or put themselves in danger. Call 999	
GPs	GPs act as the referral pathway into other NHS services	
Local Helplines and Websites	- Erewash Voluntary Action have produced a very useful summary of mental health resources. See: www.erewashvoluntaryaction.org.uk/mental-health-resources - Derbyshire Mental Health Helpline can be used for general poor mental health or a crisis. See the website for more info: www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service	Joanne Keeton on 20/8/26
National Helplines and Websites	- Samaritans – https://www.samaritans.org or call 116123 (open 24/7) - Mind – https://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/helplines-listening-services	Guy Freeman on 7/9/26
Life Links Stuart House Green Lane Derby, DE1 1RS	Provides a wide range of support, focusing on recovery and independence to aid in achieving goals based on mental wellbeing. www.derbycitylifelinks.org.uk or call 0800 0322202 or email Info.DerbyCityLifelinks@waythrough.org.uk	Dolly Shaw on 16/9/26
Derby and Derbyshire Talking Therapies	Derby and Derbyshire Talking Therapies is a confidential, NHS-funded service offering free support for common mental health challenges like low mood, stress, and anxiety. If you're aged 16 or over and registered with a local GP, you can self-refer without needing to see your doctor. For more information go to https://derby-talk.co.uk	Martha Highton on 22/9/26
First Steps ED Woburn House Vernon Gate Derby DE1 1UL	Offers NHS funded and private counselling and psychotherapy support to children, young people and adults with disordered eating and disorders including general mental health difficulties. The support is also available to parents/carers in their care-giving roles and includes a comprehensive weekly support programme of psychoeducation Recovery Self-Help Groups. You can access face-to-face, video and email support, and choose a stepped care approach combining face to face and video support to support your work/life balance. Call 0300 102 1685 or email info@firststepsed.co.uk . To make a referral https://firststepsed.co.uk/make-a-referral	Daniel Magson on 8/9/26
Derby Safe Haven 309 Burton Road Derby DE23 6AG	Derby Safe Haven is a free, out-of-hours mental health support service for anyone aged 18 and over who is experiencing emotional distress, mental health difficulties, or feels they need additional support. Individuals can self-refer by attending in person 309 Burton Road, DE23 6AG. The service is open every day from 4:30pm to 12:30am, including weekends and bank holidays. Further information at www.waythrough.org.uk	Chipo Vera on 11/9/26

Please email any changes to this table to newarrivalsalliance@communityactionderby.org.uk