

MENTAL HEALTH ORGANISATIONS IN-AND-AROUND DERBY

(Version October 2025)

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	Derbyshire Mental Health Helpline – it can be used for general poor mental health or a crisis. Call 0800 028 0077 or see the website for more info: www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service Derby & Derbyshire Emotional Health & Wellbeing Website – this is the best directory of mental health services for Derby and Derbyshire and covers a broad range of mental health needs: www.derbyandderbyshireemotionalhealthandwellbeing.uk	Lee Tivey on 9/4/24
National Helplines and Websites	- Barnado's Boloh Helpline (refugee/asylum specific) – https://helpline.barnardos.org.uk/boloh-helpline or call 0800 1512605 - 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	Bereket Amaha on 26/9/23
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 in mental wellbeing. www.derbycitylifelinks.org.uk or call 0800 0322202 or email derbycitylifelinks@RichmondFellowship.org.uk	Emma Hunt on 9/4/24
Talking Mental Health Derbyshire Ilkeston Resource Centre Heanor Road Ilkeston DE7 8TL	Talking Mental Health Derbyshire is an NHS Talking Therapies service which offers short-term psychological therapy for people with mild-moderate symptoms of low mood and anxiety. We offer therapy one-to-one, via group format, by telephone, video, text based and face-to-face. Interpretation services are also available. To access the service you must be aged 16 years or over and registered with a Derbyshire or Derby City GP. To self-refer and/or for more information please visit www.derbyshirehealthcareft.nhs.uk/services/talking-mental-health-derbyshire or telephone 0300 123 N.B. This service will cease to operate from this location on 30/06/25 and at this point be removed/superseded from the document.	DHCFT Admin Support on 18/02/25
Trent PTS Woodlands Lodge 111 Uttoxeter New Road Derby DE22 3NL	Trent PTS is an approved NHS provider of psychological therapies. They are commissioned by the NHS to provide free, flexible, responsive and accessible high-quality talking therapies service (there is no cost involved). They provide short term treatment for: depression, anxiety, loss, grief, trauma, eating disorder, low self-esteem, bereavement and many other conditions. Anyone aged 16 years and over (registered with a local GP) can start their journey towards recovery by completing a self-refer form via the website www.trentpts.co.uk , calling 01332 265659 or emailing enquiries@trentpts.co.uk . Interpreters can be provided to attend sessions with client	Sarah on 9/4/24
First Steps 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	Kevin Parkinson on 9/4/24

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