

CRISIS SUPPORT

Derbyshire Mental Health Helpline - free 24/7 helpline for anyone experiencing distress or feeling you cannot cope (call 0800 028 0077).

You can also call **111** and **press option 2** country-wide.

National Suicide Prevention Helpline UK - free helpline for anyone aged 18+ with thoughts of suicide or self-harm. Open 6pm to midnight every day (call 0800 689 5652)

Samaritans - free 24/7 helpline. (call 116 123)

Shout - free 24/7 text messaging support for anyone who is struggling to cope (text the word 'SHOUT' to 85285)

Urgent mental health support options:

If you're in danger, call 999 or go to A&E.

Local A&E: Chesterfield Royal Hospital, Calow, S44 5BL.

My Social Prescribing Link Worker is:

Shared email address: ddicb.splw@nhs.net

Social Prescribing Link Worker working hours:

Follow us on Facebook for more information about activities in your local area:

**Social Prescribing Team -
Chesterfield and Dronfield
PCN.**



**Scan this to learn
more about
social prescribing**



Social Prescribing Link Worker Service

WHAT IS

SOCIAL PRESCRIBING?

Social prescribing is a non-medical approach to improving your health and wellbeing, by exploring local activities and services in the community.

This service gives you time to think about “what matters to you”, and build a plan of support.

What we do...

- We will work alongside you to develop an action plan which may involve:
 - Linking you to groups and activities.
 - Developing a wellbeing toolkit.
 - Supporting you to meet others.
- We will support you for a short period of time. The service is not long-term.
- We will empower you to develop your independence and confidence in the community.
- Our conversations will be confidential and non-judgemental.
- However, if there are any concerns about your safety or the safety of others, we have a duty of care to raise this with relevant agencies.


What we don't do...

- We are only contactable during our working hours, listed on the back of this leaflet.
- We are not always able to respond to a query immediately as we may be in sessions with other clients.
- We are not mental health professionals so unable to deliver interventions, but will assist you to find suitable support.
- We are not a crisis service. However, you can access this support from the information overleaf.
- Due to the popularity of the service and increasing waiting times, **if you fail to attend two appointments you will unfortunately be discharged.**

Useful information


Call Derbyshire is the single point of access for accessing social care support through Derbyshire County Council. **01629 533 190**



 **Cruse Bereavement Support** have a free phone helpline if you are struggling with a bereavement. You can also refer yourself for grief counselling. **0808 808 1677**.


Derbyshire Domestic Abuse Helpline can be contacted if you are experiencing domestic abuse. **08000 198 668**



 **The Derbyshire Mental Health Support Map** can be used to find local groups and support services that you may find useful. **07484 001 842**.

Derbyshire Law Centre can offer advice on debt, housing, employment issues and more. **01246 550 674**.



 **Derbyshire Recovery Partnership** can help you take control of your drinking or substance use at a pace that suits you. **01246 206514**.

Useful Information


Derbyshire Unemployed Workers Centre can help with benefits advice, including filling in forms and representation for appeals. **01246 231 411**.



 **The Hub @ Low Pavement** is a community space dedicated to bringing people together by hosting free groups and activities. **07762 127 121**.

Live Life Better Derbyshire can help you with weight loss, being more active or quitting smoking. You can self-refer by taking their online health MOT. **0800 085 2299**.



 **Talking Therapy services** can help you with a wide range of issues by connecting you with a free, qualified therapist. **Ask your social prescriber if you need help referring.**

The Volunteer Centre is a great way to explore volunteering opportunities in the local area. **01246 276 777**



If you need any of this information in another format, your Social Prescribing Link Worker will be more than happy to arrange this.