Mental Health and Wellbeing Support in Bolsover and North East Derbyshire

The changes in our everyday lives due to the coronavirus (COVID-19) pandemic mean that many of us may be experiencing a decline in our emotional and mental wellbeing. This can range from feeling a little low and worried to severe anxiety or depression.

To prevent things from getting worse, it's important that we know where to go for support when we need it. Here in Bolsover and North East Derbyshire, the Place Alliance group have pulled together a summary of support options available in the area.

Finding local services and groups

Research tells us that staying active and getting involved in our local communities can help us to maintain or improve our emotional and mental wellbeing. In both Bolsover and North East Derbyshire there are many support groups and activities you can get involved in. Your local **community and voluntary service (CVS)** will be able to help you find out what's available near you:

Derbyshire Voluntary Action have a searchable directory on their website of local groups, services and organisations: **https://dva.org.uk** If you don't use the internet you can call them on tel: **01246 555908**

If you live in Bolsover district, you can visit **Bassetlaw CVS's Bolsover Together** website to find out what's happening in the district: **www.bcvs.org.uk/bolsover-together** or call tel: **01909 4761118**. Or follow BCVS on Facebook: **www.facebook.com/BolsoverTogether**

Finding Mental Health Services

If you feel you need more specific support to improve your mental or emotional health then please don't delay in seeking help.

Spotlight on support… Mental Health Helpline

Derbyshire Healthcare NHS Foundation Trust have set up a new telephone-based **mental health support line** for local people of all ages and their carers who are experiencing increased distress or anxiety during the pandemic. The support line is open 24 hours, 7 days a week on freephone **0800 028 0077.**

If you have ongoing mental health needs and are currently supported by the **Community Mental Health**, you can get in touch with your local team if you feel you need more support:
Bolsover & Clay Cross tel: **0300 123 3371**
Kilamarsh & Chesterfield tel: **0300 123 3370**

Talking therapies are a common treatment for mental health issues and include counselling and cognitive behavioural therapy (CBT). In Derbyshire you can access these services for free via your GP or refer yourself. For more information and to find a provider visit **www.derbyshire.gov.uk/mentalhealth**

Spotlight on support… Dronfield Wellbeing Group

The Dronfield Wellbeing Group provides a safe environment to support people affected by mental health issues, whether they live in Dronfield or further afield. The friendly, user-led group provide peer support to one another by offering a listening ear, sharing experiences and resources, and working together to strengthen their coping strategies. When COVID-19 restrictions allow the group meet in person but they also have a live video link enabling people to join from their home. Visit **https://dronfieldwellbeing.org** or call or text **07537410028** for details.

The **Derbyshire Recovery and Peer Support Service** supports people to learn more about their own mental health condition and helps them develop ways to manage it. You can call the service's **emotional support helpline** (available Mon to Fri, 9am to 5pm) if you need some support, a listening ear or just want a chat. Tel: **01773 734989 or** text: **07537410028** or via web at: **www.rethink.org/ derbyshirerecovery**

Finding information and advice

There are various places you can go to find out more about mental health support services in Derbyshire:

The **Joined Up Care Derbyshire website** also has information about mental health and emotional wellbeing support, including details of how services are operating during the pandemic. Visit: **joinedupcarederbyshire. co.uk/public-info-covid-19/your-wellbeing-during-pandemic**

Visit the **Derbyshire County Council website** to find details of services, social care support and Mental Health Act assessments. **www.derbyshire.gov.uk/mentalhealth**

You can ring **Healthwatch Derbyshire** if you need help to understand and navigate health and/or social care services during the pandemic. Their helpline is available from 9am to 5pm, Mon to Fri on tel: **01773 880786**

Children and Young People

The **Derby & Derbyshire Emotional Health and Wellbeing website** pulls together advice, support and details of services available in Derbyshire to help support young people who are feeling stressed, anxious or depressed. Visit: **https://derbyanddderbyshire emotionalhealthandwellbeing.uk**

Crisis Support

If you think you or someone you know is at risk of reaching a mental health crisis situation, it's helpful to talk about this in advance and put plans in place to try and prevent it.

The **Staying Safe website** has information on dealing with a crisis and a guide on making your own safety plan. A safety plan can help you plan solutions and strategies in advance that you can use to help you manage in a crisis situation. Visit: **www.stayingsafe.net**

If you or someone you know are feeling suicidal or need help in an emergency there are people you can talk to for advice:

- Call the **Derbyshire Mental Health Support Line** on tel: **0800 028 0077** (7 days a week, 24 hours a day)
- Call the free **Samaritans** 24-hour support service on telephone 116 123 or use their online service: **www.samaritans.org/ how-we-can-help/contact-samaritan**
- Contact **NHS 111,** though be aware of delays in accessing this service
- Make an urgent appointment to see your **GP**, who may be operating a callback service
- In an urgent crisis ring **999**
- If you require urgent medical intervention go to your nearest **A&E** department, though be aware that there are increased demands on and transmission risks in emergency departments at this time.