

Top mental health resources for SPECIFIC SITUATIONS

Young people	Social isolation
<p>Compass Support for counselling and support with behavioural or mental health issues https://www.compass-uk.org/services/compass-changing-lives</p> <p>Young minds advice and support for mental health for young people and their families. www.youngminds.org.uk/</p> <p>Papyrus : support for those < 35 with suicidal thoughts or family member who is struggling www.papyrus-uk.org/</p> <p>Kooth Online digital based support 12 noon-10pm www.kooth.com</p> 	<p>Social prescribing: local advice and collaborative work with patients coaching them to increase social activities. Also provide support for behavioural/ mental health issues in those < 18 years https://avcvs.org/vspa-voluntary-single-point-of-access</p> <p>Befriending Derbyshire: 1-2- 1 voluntary scheme www.derbyshirebefriending.org.uk/</p> <p>Volunteering: to be matched with a suitable volunteer opportunities see www.communityactionderby.org.uk/volunteering/volunteers/volunteer-centre-derby</p>
Domestic Violence	Autism/ ADHD support
<p>Sail: counselling and support for previous sexual violence www.sailderbyshire.org.uk/</p> <p>SV2 provide support for current or previous sexual violence: www.sv2.org.uk/</p> <p>Derbyshire domestic abuse helpline who can refer on to appropriate support for current abuse www.derbyshiredomesticabusehelpline.co.uk/</p>	<p>National autistic society can provide information and support: www.autism.org.uk/</p> <p>ADHD UK provide similar for ADHD: adhduk.co.uk/</p> <p>Ripley neurodiversity hub Four new community drop-in hubs opened for neurodiverse children and young people » Joined Up Care Derbyshire</p>
Legal/ Employment/ financial/ benefits advice	Eating disorders
<p>Citizen's advice bureau www.citizensadvice Derbyshire districts.org.uk/</p> <p>Debt advice: www.moneyhelper.org.uk/en?source=mas#</p>	<p>BEAT eating disorder support for patients and supporters www.beateatingdisorders.org.uk/</p> <p>First Steps www.firststepsed.co.uk</p>
Bereavement	LGBTQ+
<p>Cruse Bereavement Care www.cruse.org.uk</p> <p>Hope Again (Cruse for <18years) www.hopeagain.org.uk/</p> <p>Child Bereavement UK (for the loss of a child) www.childbereavementuk.org/</p>	<p>Local support for sexuality or gender identity: www.derbyshirelgbt.org.uk/</p> <p>For Muslim specific issues LGBTQ support: www.hidayahlgbt.com/</p>
Self harm	Free self-directed exercise programmes
<p>Harmless provide support line and online information https://harmless.org.uk</p> <p>In depth leaflet exploring causes and self-help management of self harm Self Harm :: Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust (cntw.nhs.uk)</p>	<p>Couch to 5k app takes you from no fitness to being able to run 5k in just 9 weeks.</p> <p>Yoga with Adriene : www.youtube.com/user/yogawithadriene</p>
Doctors/ nurses	Drugs and Alcohol
<p>Support for nurses from RCN: https://www.rcn.org.uk/Get-Help/Member-support-services/Counselling-Service</p> <p>Practitioner health: free counselling and support for doctors www.practitionerhealth.nhs.uk/</p>	<p>For support with misuse of drugs or alcohol www.derbyshirerecoverypartnership.co.uk/</p>