

## Top mental health resources for EVERYONE

<b>1 to 1 therapies</b>	<b>Self-directed CBT</b>
<p><b>Talking therapy: through Trent PTS and others</b> please see <a href="http://joinedupcarederbyshire.co.uk/your-services/improving-access-to-psychological-therapies-iapt/">joinedupcarederbyshire.co.uk/your-services/improving-access-to-psychological-therapies-iapt/</a></p> <p><b>Well being coaching:</b> <a href="https://www.livelifebetterderbyshire.org.uk/services/mental-wellbeing/mental-wellbeing.aspx">https://www.livelifebetterderbyshire.org.uk/services/mental-wellbeing/mental-wellbeing.aspx</a></p> 	<p><b>Living Life to the Full</b> (self directed online CBT based help for anxiety or depression) <a href="http://littf.com/">littf.com/</a></p> <p><b>NHS CBT based leaflet</b> <a href="http://web.nrw.nhs.uk/selfhelp/">web.nrw.nhs.uk/selfhelp/</a></p> <p><b>The little CBT workbook</b> by Michael Sinclair </p>
<b>Crisis</b>	<b>Exercise</b>
<p><b>Derbyshire mental health support</b> line call (any age) call <b>0800 028 0077</b></p> <p><b>Samaritans (tel: 116 123) or call NHS on 111 for support with suicidal thoughts.</b></p> <p><b>Shout</b> Text SHOUT to 85258 for text bases MH support (suitable for any age) <a href="http://giveusashout.org/">giveusashout.org/</a></p> <p><b>Papyrus</b> : support for those &lt; 35 with suicidal thoughts or family member who is struggling <a href="http://www.papyrus-uk.org/">www.papyrus-uk.org/</a></p> 	<p>Exercise on prescription (12 week free gym membership) <a href="https://www.livelifebetterderbyshire.org.uk/professionals/professionals.aspx">https://www.livelifebetterderbyshire.org.uk/professionals/professionals.aspx</a></p> <p>Daily Zoom online @ home classes: <a href="https://www.livelifebetterderbyshire.org.uk/services/getting-active/getting-active.aspx">https://www.livelifebetterderbyshire.org.uk/services/getting-active/getting-active.aspx</a></p> <p>We are Undefeatable (practical advice about how to get active with a long term physical condition) <a href="http://weareundefeatable.co.uk">weareundefeatable.co.uk</a></p> <p>Free football classes and fitness education for those 35-65 years and overweight <a href="http://www.efitrust.com/FITFANS/">www.efitrust.com/FITFANS/</a></p> 
<b>Insomnia</b>	<b>Mindfulness</b>
<p><b>Online leaflet</b> on understand sleep and how to improve it - <a href="https://web.nrw.nhs.uk/selfhelp/leaflets/Sleeping%20Problems.pdf">https://web.nrw.nhs.uk/selfhelp/leaflets/Sleeping%20Problems.pdf</a></p> <p><b>Medito app</b> found at <a href="https://meditofoundation.org/medito-app">https://meditofoundation.org/medito-app</a></p> <p><b>Headspace app</b>- sleep-casts and sleep radio (some free, some paid content)</p> 	<p><b>Smiling mind app:</b> kids and adults (all free) <a href="http://www.smilingmind.com.au/">www.smilingmind.com.au/</a></p> <p><b>Insight timer app:</b> free (some additional paid content) <a href="http://insighttimer.com/en-gb">insighttimer.com/en-gb</a></p> <p>Book: <b>Mindfulness: A practical guide to finding peace in a frantic world</b></p>
<b>Anxiety symptoms</b>	<b>Peer support</b>
<p><b>Insight timer app:</b> mostly free <a href="http://insighttimer.com/en-gb">insighttimer.com/en-gb</a></p> <p>Book: <b>Overcoming Anxiety: A Self-Help Guide Using Cognitive Behavioural Techniques</b> by Helen Kennerley</p> <p>In depth online anxiety leaflet with exercises: <a href="http://www.cntw.nhs.uk">Anxiety Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust (cntw.nhs.uk)</a></p> 	<p>Local support groups/ befriending for mental health: <a href="http://www.rethink.org/help-in-your-area/services/community-support/derbyshire-recovery-and-peer-support-service/">www.rethink.org/help-in-your-area/services/community-support/derbyshire-recovery-and-peer-support-service/</a></p>
<b>Patient education</b>	<b>Helplines</b>
<p>Books on prescription from local library – about 20 books on mindfulness, CBT, sleeping. <a href="https://reading-well.org.uk/books/books-on-prescription/mental-health">https://reading-well.org.uk/books/books-on-prescription/mental-health</a></p> <p><a href="https://web.nrw.nhs.uk/selfhelp/">https://web.nrw.nhs.uk/selfhelp/</a> patient leaflets that are CBT based for self help</p>	<p><b>Derbyshire Mental Health Helpline and Support Service</b> on <b>0800 028 0077</b></p> <p><b>Mind Info Line:</b> 0300 123 3393 / <a href="http://www.mind.org.uk/">www.mind.org.uk/</a></p> <p><b>Campaign Against Living Miserably (CALM) helpline:</b> 0800 58 58 58 or see <a href="http://www.thecalmzone.net/">www.thecalmzone.net/</a></p>