

SUGGESTIONS FOR 'DOING SOMETHING'

Below is a list of local support groups and clubs that are focussed on mental health and wellbeing.

This list is not exhaustive and we would encourage you to also look on the internet for other groups and societies that may be of interest for you.

If you are reviewing these lists but live outside the areas covered then please investigate options locally to you. There will be similar groups and clubs offering positive ways forward for you. This list will be reviewed and updated frequently.

Mental Health and Wellbeing Support Groups and Clubs

Arnold EmPOhWER group

Purpose: Helping people who, because of disability, illness, social exclusion and other challenges, find it difficult to express their views or get the support they need.

Website: <https://www.pohwer.net/>

Telephone: 07816 227006

Email address: b.baxter@pohwer.net

Address: Arnold Methodist Church, 54 Front Street, Arnold, Nottinghamshire, NG5 7EL

Cruse Bereavement Care

Purpose: Providing a free service for anyone suffering with grief.

Website: <https://www.cruse.org.uk/>

Telephone: 01332 332098

Email address: Derby.cruse@btinternet.com

Address: Voluntary Services Centre Union Street, Burton-On-Trent DE14 1AA

Depression Self Help 'Ask Lion'

Purpose: Offering opportunities for sharing feelings, experiences and ideas, working towards recovery. The group is a member of the national depression charity Depression UK.

Telephone: 0115 9111661 or 08707744320

Derby City & South Derbyshire Mental Health Carers Forum

Purpose: Offering peer support for anyone caring for someone who has a mental health issue.

Website: <https://derbycityandsouthderbyshirementalhealthcarersforum.wordpress.com/>

Telephone: Sandra Austin (Vice Chair): 07779 107087, Terry Earl (Ripley group): 07721 006100 or 01629 822337, Rob Nightingale (Long Eaton group): 07932 685022 or Joyce Johnson: 07931 722977

Address: Derby group - Oddfellows Hall, 32 Charnwood Street in Derby, DE1 2GU, Ripley group - The Croft, Slack Lane, in Ripley, DE5 3HF, Long Eaton group - Oasis Christian Centre, 129-131 Derby Road in Long Eaton, NG10 4LL

Derby City Life Links

Purpose: Providing a wellness and mental health recovery service tailored to meet your needs.

Website: www.derbycitylifelinks.org.uk

Telephone: 08000322202

Email address: derbycitlifelinks@richmondfellowship.org.uk

Address: Stuart House, Green Lane, St Peter's Square, DE1 1RS

Derbyshire Recovery and Peer Support Service

Purpose: Supporting people who are having difficulties with their mental health across the whole spectrum of mental illnesses, by offering targeted goal-focused support, developing peer support and volunteer opportunities across Derbyshire.

Website: <https://www.rethink.org/help-in-your-area/services/community-support/derbyshire-recovery-and-peer-support-service/>

Telephone: 01773 734989

Email address: DerbyshireRecoveryPeerSupportService@rethink.org

Address: The Croft, Ripley DE5 3HF

East Midlands Open Minds

Purpose: A local charity supporting vulnerable disabled people, including people experiencing mental health problems.

Website: <https://www.emom.org.uk/>

Telephone: 07985 476430

Email address: info@emom.org.uk

Address: Nottingham Voluntary Action Centre, 7 Mansfield Road, Nottingham, NG1 3FB

Eastwood Mental Health Hub

Purpose: The Eastwood Mental Health Hub is a service created by Citizens Advice and Mind to promote mental health and well-being. There are one to one sessions, group activities, mindfulness awareness events and arts & crafts in order to promote better mental health.

Website: <https://citizensadvicebroxtowe.org.uk/>

Telephone: 01773 768363

Email address: monisha.sharma@broxtowe.cab.org.uk

Address: Eastwood Volunteer Bureau, Wellington Place, Eastwood, Nottinghamshire, NG16 3GB

Four Seasons Mental Health Group

Purpose: A place to come together, meet friends and receive support from others.

Telephone: 0115 8043816

Email address: co_prodiuctionenquires@nottsc.gov.uk

Address: St Mary's Church, Church Lane, Arnold, Nottingham, NG5 8HJ

First Steps

Purpose: An eating disorder charity supporting people of all ages affected any type of eating difficulty.

Website: www.firststepsed.co.uk

Telephone: 01332 367571

Email address: Info@firststepsed.co.uk

Address: Ingham House, 16 Agard Street, DE1 1DZ

INSIGHT

Purpose: A not-for-profit organisation providing free NHS talking therapy services across the UK.

Website: www.insighthealthcare.org

Telephone: 0300 555 5582

Email address: East.midlands@insighthealthcare.org

Address: Edgeley House, Tottle Road, Nottingham. NG2 1RT

Kick Back Club (Recovery Crew)

Purpose: A club for people with mental health problems and their friends in Sherwood, Nottingham. A time and a place to relax, write, doodle, play games or just be...

Website: <http://friendshipthroughrecovery.weebly.com/>

Email address: friendshipthroughrecovery@hotmail.com

Address: Divine Coffee House, Haydn Road, Sherwood, Nottingham, Nottinghamshire, NG5 2JX

Live Life Better Derbyshire

Purpose: Providing information and support to help improve general health and well-being.

Website: www.livelifebetterderbyshire.org.uk

Telephone: 0800 0852299 (Freephone) or 01629 538200

Email address: llbd.info@derbyshire.gov.uk or mandy.baker@derbyshire.gov.uk

Address: Room 110, County Hall, Matlock, DE4 3AG

Men Going Forward - Derbyshire Federation for Mental Health

Purpose: Organising short-term talking therapy to combat loneliness and hopelessness.

Telephone: 01629 733915

Mindset Voice Hearers Group

Purpose: A mutually supportive group for individuals who experience Voice Hearing. Co-facilitated by a locality mental health team occupational therapist, and a mental health support worker from Middle Street Resource Centre.

Website: <https://beestoncommunityresource.wordpress.com/>

Telephone: 0115 9252516

Email address: admin@beeston-community-resource.org

Address: Resource Centre, 74 Middle Street, Beeston, Nottingham, Nottinghamshire, NG9 2AR

Mindset Wellbeing Group

Purpose: Providing a peer led self-help group which aims to support anyone struggling with a mental health problem.

Website: <https://beestoncommunityresource.wordpress.com/>

Telephone: 0115 9252516

Email address: admin@beeston-community-resource.org

Address: Resource Centre, 74 Middle Street, Beeston, Nottingham, Nottinghamshire, NG9 2AR

Nottingham Bipolar UK Support Group

Purpose: Empowering everyone affected by bipolar to live well and fulfil their potential.

Website: www.bipolaruk.org/

Telephone: 0333 323 3880

Email address: info@bipolaruk.org

Address: St Andrew's with Castle Gate United Reformed Church, Goldsmith Street, NG1 5JT

Nottingham OCD Support Group

Purpose: Open to anyone affected by Obsessive-Compulsive Disorder, be they sufferers, family members or friends. We provide an informal meeting where people affected by OCD can talk to others in a friendly, understanding and non-judgmental way.

Website: <https://www.ocduk.org/support-groups/nottingham/>

Telephone: 07917 207714

Email address: ashley@ocduk.org

Address: Jury's Inn, Waterfront Plaza, Nottingham, NG2 3BJ

Real Lives

Purpose: Providing recovery-focused social care packages of support for adults in Nottingham and Nottinghamshire.

Website: <https://www.real-lives.co.uk>

Telephone: 0115 9854289

Email address: info@real-lives.co.uk

Address: Real Lives @ Crocus Café, 18 Lenton Boulevard, Nottingham, Nottinghamshire, NG7 2ES

South Derbyshire Hearing Voices Network

Purpose: Providing support for people who hear voices, have visions and other unusual sensory perceptions.

Website: <http://www.hearing-voices.org/area/derbyshire/>

Telephone: 0800 0322 202

Think Children

Purpose: Offering an early intervention service for children with emerging emotional, social and/or behavioural issues.

Website: www.thinkchildren.org.uk/

Telephone: 01636 676887

Email address: think.children@tiscali.co.uk

Address: Think Children, 10 Albert Street, Newark, Nottinghamshire, NG24 4BJ

The Early Help Unit

Purpose: Providing a direct contact point for professionals and families requiring early help services in Nottinghamshire.

Telephone: 0115 8041248

Email address: early.help@nottscc.gov.uk

The Tomorrow Project

Purpose: The Tomorrow Project was set up in response to a cluster of suicides in East Leake in 2012. We are a confidential, community based suicide prevention, intervention and postvention service that will help and support you in times of struggle. We are a team of individuals who understand despair. Many of us have faced similar difficulties and our service is here to help..

Website: www.tomorrowproject.org.uk/

Telephone: 0115 880 0280

Email address: crisis@tomorrowproject.org.uk or bereavement@tomorrowproject.org.uk

Address: Harmless, 1 Beech Avenue, New Basford, Nottingham, NG7 7LJ

Time To Talk

Purpose: A place where it is okay not to be okay, a friendly safe place providing listening support.

Website: www.longeatonoasis.co.uk/community/time-to-talk

Telephone: 0115 9660463

Email address: oasislongeaton.ttt@gamil.com

Address: Infusion Coffee House, 82a Derby Road, Long Eaton, NG10 4LL

Trent Psychological Therapies Services

Purpose: Commissioned by the NHS to provide free, flexible, responsive and accessible high quality psychological therapy services.

Website: <https://www.trentpts.co.uk/>

Telephone: Derbyshire Head Office: 01332 265659 or Nottinghamshire Head Office: 0115 8963160

Email address: enquiries@trentpts.co.uk

Address: Various locations around Nottinghamshire and Derbyshire

Turning Point

Purpose: Supporting people with a range of mental health and emotional conditions, dual diagnosis and other complex needs to recover and live independently.

Website: <https://www.turning-point.co.uk/services/mental-health.html>

Telephone: 0300 555 0456

Email address: Derbyshire.talking@turning-point.co.uk

VitaMinds IAPT (Improving Access to Psychological Therapies)

Purpose: Offering a range of talking therapies, as well as advice and guidance around community services.

Website: <https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/>

Telephone: 0333 0153 496

Email address: iapt.derbyshire@nhs.net

Wellbeing Sanctuary at Arena Church

Purpose: Offering a safe place with a listening ear, social support, wellbeing support, information and signposting, as well as activities and drinks in a relaxing social environment.

Telephone: 01623 624099

Address: 66 Leeming Street, Mansfield, Nottinghamshire, NG18 1NG