

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

Blend Youth Project

Purpose: Creating safe spaces for young people under 18 to build self-confidence and resilience, as well as raising aspirations and sign posting.

Website: www.blendyouthproject.co.uk/

Telephone: Heanor 01773 769980, Ripley 01773 749975, Nottingham 01773 687250, Chesterfield 01246 550100

Address: 15 Mundy Street, Heanor, Derbyshire, DE75 7EB

Breakout (Young Person's Substance Misuse Service)

Purpose: Offering a range of services for young people under 18 who are in need of support for alcohol and/ or drug use.

Website: www.derbyshirehealthcareft.nhs.uk/services/drugs-and-alcohol-support/drugs-and-alcohol-support-young-people-derby

Telephone: 01332 641661

Address: Connexions, Curzon House, 8 Curzon Street, Derby, DE1 1LL

Catharsis

Purpose: Providing arts-based therapy that enables children and young people to let go of bottled-up thoughts and feelings.

Website: www.catharsis.biz

Telephone: 07979 717669

Address: The Mill, Lodge Lane, DE1 3HB

Derbyshire Early Intervention Service

Purpose: Offering support and advice for young people who experience psychosis for the first time.

Website: www.derbyshirehealthcareft.nhs.uk

Telephone: 0300 123 3239

Address: St Andrews House, 201 London Road, DE1 2TZ

Enthusiasm

Purpose: Providing a range of services, including mentoring, youth clubs, support for young people in a range of situations.

Website: www.enthusiasm.org.uk/

Telephone: 01332 362479

Email address: info@enthusiasm.org.uk or neil.fearn@enthusiasm.org.uk

Address: Osmaston Space, 152-154 Addison Road, Osmaston, Derby, DE24 8FL

First Steps Young Person's Recovery

Purpose: Providing information, advice and support for young people under 19 whose life is affected by an eating disorder.

Website: www.firststepsderby.co.uk

Telephone: 01332 367571

Email address: info@firststepsderby.co.uk

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

Grow Your Own Way

Purpose: Organising gardening projects for children aged 6-11. The projects provide children with the practical skills of gardening but also teaches other life skills including team work, resilience and self-confidence.

Website: www.parksidehigh.co.uk/grow-your-own-way

Telephone: 0115 9309142 or 07393 827782

Email address: info@parksidehigh.co.uk

Harmless

Purpose: Supporting young people who do or are at risk of self-harm and suicide, their friends and their families.

Website: <http://www.harmless.org.uk/>

Telephone: 0115 934 8445

Email address: info@harmless.org.uk

Address: PO Box 10136, Nottingham, NG1 9HL

Helping Hooves

Purpose: An Equine-led development centre working with people of all ages who have mental health and wellbeing issues. They work solely through non-ridden horsemanship and handling, building confidence and using equine therapy as a basis to everything they do.

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

Email address: hello@helpinghooves.co.uk

National Self-Harm Network

Purpose: A forum providing crisis support, information and resources, advice, discussions and distractions for individuals who self-harm, their friends and their families.

Website: <http://www.nshn.co.uk/>

Telephone: 0800 6226000

Address: PO Box 7264 Nottingham, NG16WJ

Parkside High Youth Mentoring and Development

Purpose: Providing youth mentoring in Derby and Nottingham aimed at young people who are hard to reach. Each ParkSide High program is bespoke to the young person's needs, focuses upon their strengths and is person centred.

Website: www.parksidehigh.co.uk/mentoring/

Telephone: 0115 9309142 or 07393 827782

Email address: info@parksidehigh.co.uk

Samaritans

Purpose: Providing a listening service via telephone or face-to-face for individuals who are struggling to cope or who need someone to listen without judgement or pressure.

Website: <https://www.samaritans.org/>

Telephone: 01332 364444 or 08457909090

Email address: jo@samaritans.org

Address: 110 Burton Road, Derby, DE1 1TG

Streetside: Urban Youth Project

Purpose: Providing a safe environment for young people aged 11-16 to learn a whole range of music skills.

Website: www.parksidehigh.co.uk/streetside/

Telephone: 0115 9309142 or 07393 827782

Email address: info@parksidehigh.co.uk

Teen Links

Purpose: Teen Links is a project that aims to support 16-18 year old women, improving well being and raising awareness on important, current social topics in a safe supportive and relaxing environment. Workshops include: Mental health, self-esteem, self-image, drugs & alcohol, healthy relationships, consent and sexual health. (To make a referral, call the Women's Work office or complete the online referral form).

Website: www.womens-work.org.uk/get-support/referral-form/

Telephone: 01332 242525

Wild Wood Adventure Camps

Purpose: Providing ecotherapy to Children in Need, Depressed and Anxious Groups, People at Risk and Young People either as victims of crime or those who are in danger of committing crime.

Website: www.wildwoodadventurecamps.co.uk/

Telephone: 07764 511463

Email address: derbyshireoutdoors@gmail.com