

Mental health and domestic violence resources (updated 22/9/20)

[Every Mind Matters](#) - expert advice and practical tips to help you look after your mental health and wellbeing

[Harmless Tomorrow Project](#) - free, confidential help so no one has to feel isolated, ashamed or too embarrassed to seek help

Derbyshire/Derby

[Derbyshire Healthcare](#) - crisis support for people in Derby or Derbyshire

[Derbyshire mental health helpline](#) - support from 9.00am and midnight, seven days a week for people in crisis in Derby or Derbyshire

[Derbyshire mental health support provision](#) - includes contacts for people in crisis, 1 to 1 support and online resources

[Derby city covid19 resources](#) - includes financial support, employment, careers, training, apprenticeships, ESOL, health & wellbeing, art & culture offers

[NHS Derbyshire](#) - COVID-19 resource page

Nottinghamshire/Nottingham

[Wellness in Mind](#) - a service connecting people in Nottingham to better mental health

[Nottinghamshire Healthcare](#) - crisis support for people in Nottingham or Nottinghamshire, including information using British Sign Language

[Nottinghamshire mental health helpline](#) - support 24/7 for people in crisis in Nottingham or Nottinghamshire

[Turning Point Nottinghamshire mental health helpline](#) - mental health workers available 7 days per week from 9.00am to 11.00pm

[Notts Hospice Grief Line](#) - a dedicated service for those who need immediate support following bereavement

[Mental health support for adults](#) in Nottingham and Nottinghamshire - includes support organisations for alcohol/drugs/gambling; bereavement; domestic violence and abuse; anxiety; loneliness for 55+; suicide and self harm

[Mental health support for children and young people](#) in Nottingham and Nottinghamshire - includes support organisations for anxiety; bereavement; self harm; domestic violence and abuse; carers

Nottingham & Nottinghamshire CCG COVID19 bulletin - [Issue 6](#)

[Trent Psychological Therapies Service](#) - free wellbeing service is now accepting self- referrals for anxiety



[Insight Healthcare](#) - free and confidential service commissioned by the NHS to provide talking therapies to those who are struggling with mild to moderate mental health issues

[EMPhOWER run weekly virtual drop-in sessions via Facebook](#) - an online opportunity to ask a professional advocate questions about your rights, care/treatment and mental health support

Domestic violence and abuse

Domestic violence support in [Nottinghamshire](#) | [Derbyshire](#) | [Derby](#)

[Domestic Abuse Partner Pack](#) - #youarenotalone campaign resources

[Nottinghamshire domestic abuse helpline](#) - due to significant increase in demand on the helpline, Juno Women's Aid are asking for professionals to email any questions in order to free up the helpline for women in need of help (follow link for details)

[Equation's newsletter](#) - up to date information on domestic violence services in Nottinghamshire

[Equation online webinars](#) - free COVID-19 and domestic abuse online training