

Infolink

National Resources

Mental Health Resource Directory
for the people of Derbyshire and Derby City

August 2008

(Revised 2nd Annual Edition)

This booklet is intended to give information about services that can be accessed for advice, information or support with issues relating to mental health. Inclusion in this booklet does not imply recommendation of any particular service.

CPA Service, The Lodge, Walton Hospital, Whitecotes Lane, Chesterfield
Tel: 01246-515974 Fax: 01246-515974
e-mail: cpa@derbysmhservices.nhs.uk

Infolink

INFOLINK is a mental health resource database which contains information about services, groups and activities that are available to people throughout Derbyshire to promote good mental health. The information is collected from many different sources and aims to serve as a useful tool for staff, service users and carers.

INFOLINK was first published in 1992 and subsequent editions were produced annually until 2001. **INFOLINK** was republished in January 2007 and proved to be a great success with staff, service users and carers. This is the second edition of **INFOLINK** and the information included has been reviewed and updated for 2008. **INFOLINK** will be reviewed and re-issued on an annual basis with the next printed issue due in April 2009. Updates are held on the Trust Intranet and Internet on: www.derbyshirementalhealthservices.nhs.uk/

The directory is listed in alphabetical order and is easy to use. A full index can be found at the back of the directory along with an **INFOLINK** entry form which can be completed and returned to the CPA Service to guarantee inclusion in the next edition. Inclusion in **INFOLINK** does not imply recommendation or endorsement of any particular service. It is intended as a collection of available information to help staff plan care and offer choice to service users and carers which is at the heart of the **Care Programme Approach**.

If you would like any further information about this directory or would like further copies please contact:

CPA Service,
Walton Hospital,
Whitecotes Lane,
Chesterfield,
Derbyshire S40 3HW
Tel/Fax: 01246 515974.
Email : cpa@derbysmhservices.nhs.uk

Contents

- Introduction and list of Contents 2
- Resource Listing in Alphabetical Order 3
- Derbyshire Mental Health Service Bases 24
- Full Index 31
- **INFOLINK** Entry Form 33

Abuse Law

37 Station Rd, Cheadle Hulme, Cheshire, SK8 5AF

Tel No. 0800 7835969 Helpline No. 0800 7835969

e-mail: admin@abneys.co.uk Website: www.abuselaw.co.uk

Abuselaw aims to provide easy access to information for child and adult survivors of physical, sexual and psychological abuse on all aspects of this complex area of law.

Action on Elder Abuse

Astral House, 1268 London Rd, Norbury, London, SW16 4ER

Tel No. 020 8765 7000 Helpline No. 080 8808 8141 Fax: 020 8679 4074

e-mail: enquiries@elderabuse.org.uk Website: www.elderabuse.org.uk

Action on Elder Abuse (AEA) works to protect, and prevent the abuse of, vulnerable older people.

ADDIS (National Attention Deficit Disorder Information & Support Service)

PO Box 340, Edgware, Middlesex, HA8 9HL

Tel No. 020 8952 2800 Fax: 020 8952 2909

Provide people-friendly information and resources about Attention Deficit Hyperactivity Disorder to anyone who needs assistance - parents, sufferers, teachers or health professionals.

Adfam National

25 Corsham Street, London, N1 6DR

Tel No. 020 7553 7640 Fax: 020 7253 7991

e-mail: admin@adfam.org.uk Website: www.adfam.org.uk

Confidential support and information for families and friends of drug users.

Age Concern - England

Astral House, 1268 London Road, London, SW16 4ER

Tel No. 020 8765 7200 Helpline No. 0800 00 99 66 Fax: 020 8765 7211

e-mail: ace@ace.org.uk Website: www.ageconcern.org.uk

When & Where: Open 7 days a week from 8am -7pm.

An information line that offers detailed written information to older people and their families on a range of issues including benefits, care and housing.

Al-Anon Family Groups UK & EIRE

Al-Anon Family Group UK & Eire, 61 Great Dover Street, London, SE1 4YF

Tel No. 0207 403 0888 Helpline No. 0207 403 0888 Fax: 0207 378 9910

e-mail: enquiries@al-anonuk.org.uk Website: www.al-anonuk.org.uk

When & Where: Ring helpline for details of local groups throughout UK & Eire.

Al-Anon is worldwide and offers understanding and support for families and friends of problem drinkers, whether the alcoholic is still drinking or not. Al-ateen, a part of Al-Anon, is for young people aged 12-20 who have been affected by someone else's drinking.

Al-Anon Helpline

Tel No. 020 7403 0888 Helpline No. 020 7403 0888

e-mail: enquiries@al-anonuk.org.uk Website: www.al-anonuk.org.uk

When & Where: 10am - 10pm Daily

Helpline for anyone is having problems with alcohol.

Alcohol Concern

Alcohol Concern, 64 Leman Street, London, E1 8EU

Tel No. 020 7264 0510 Fax: 020 7488 9213

e-mail: contact@alcoholconcern.org.uk Website: www.alcoholconcern.org.uk

When & Where: 9.00am - 5.00pm Mon-Fri

National Office which acts as a source of help and to provide further information on issues about alcohol.

Alcohol Recovery Project

Alcohol Recovery Project, 7 Holyrood Street, London, SE1 2EL

Tel No. 020 7234 9940 Fax: 020 7357 6712

e-mail: info@arp-uk.org Website: www.netdoctor.co.uk

We provide counselling, groups, workshops and a residential service for people with drinking problems.

Alcoholics Anonymous

PO Box 1, Stonebow House, Stonebow, York, YO1 7NJ

Tel No. 01904 644026 Helpline No. 0845 7697 555

e-mail: aanewcomer@runbox.com Website: www.aa-uk.org.uk

AA is a voluntary fellowship of men and women who are alcoholics, who help each other to achieve and maintain sobriety by sharing experiences and giving mutual support. Members are helped to achieve sobriety by staying away from one drink, one day at a time.

Alzheimer's Society

Gordon House, 10 Greencoat Place, London, SW1P 1PH

Tel No. 020 7306 0606 Helpline No. 0845 300 0336 Fax: 020 7306 0808

e-mail: enquiries@alzheimers.org.uk Website: www.alzheimers.org.uk

The society is the leading care and research charity for people with Alzheimer's disease and other forms of dementia, their families and carers. It is a National organisation and works through nearly 300 branches and support groups.

and the surrounding villages. Driving, befriending, escorting and decorating. Promoting volunteering in Ashbourne and the Derbyshire Dales.

Asian Family Counselling Services

Suite 51, Windmill Place, 2-4 Windmill Lane, Southall, Middlesex, UB2 4NJ

Tel No. 020 8571 3933 Fax: 020 8571 3933

e-mail: afcs@btconnect.com

When & Where: Office hours Mon-Fri 9.00am - 5.00pm. Suite 51, Windmill Place, 2-4 Windmill Lane, Southall, Middlesex.

The Asian Family Counselling Services provides counselling services for Asian couples going through marital problems. Telephone counselling is provided for those who are outside London.

Association for Post Natal Illness

145 Dawes Road, Fulham, London, SW6 7BE

Tel No. 020 7386 0868 Fax: 020 7386 8885

e-mail: info@apni.org Website: www.apni.org

A nationwide telephone support scheme for those with post natal depression and information and advice for sufferers and relatives.

Avert

Infolink August 2008 – Inclusion in this booklet does not necessarily imply recommendation

4 Brighton Road, Horsham, West Sussex, RH13 5BA
Tel No. 01403 210202 Fax: 01403 211001
e-mail: info@avert.org Website: www.avert.org
When & Where: Web site 24 hours, information service 9-5 Mon-Fri.
An International HIV/Aids charity with the aim of AVERTing HIV/Aids worldwide.

AVP (Alternatives to Violence) Britain

Grayston Centre, 28 Charles Square, London, N1 6HT
Tel No. 0207 324 4757
Website: www.avpbritain.org.uk

National network of volunteers running workshops for anyone who wants to find ways of resolving conflict without resorting to violence. Modest fees, reduced for those on low incomes.

Benefits Enquiry Line

Dept for Work and Pensions, 2nd Floor, Red Rose House, Lancaster Rd, Preston PR1 1HB

Tel No. 0800 88 22 00 Helpline No. 0800 88 22 00

e-mail: BEL-Customer-Service@dwp.gsi.gov.uk www.direct.gov.uk/disability-money

Advice and information for disabled people and carers on the range of benefits available.

Bristol Crisis Service for Women

PO Box 654, Bristol, BS99 1XH

Tel No. 0117 925 1119 Helpline No. 0117 925 1119

e-mail: bcsw@btconnect.com Website: www.users.zetnet.co.uk/bcsw/

When & Where: Helpline - Fri-Sat 9pm-12.30am, Sun 6pm-9pm

Bristol Crisis Service for women is a national voluntary organisation that supports women in emotional distress. Telephone counselling information and training service relating to self injury.

British Association for Behavioural and Cognitive Psychotherapy

Victoria Buildings 9-13 Silver Street Bury BL9 0EU

Tel No: 0161 797 4484 Fax: 0161 797 2670

e.mail: babcp@babcp.com Website: www.babcp.com

Produces a directory of accredited cognitive-behavioural practitioners.

British Association for Counselling & Psychotherapy

BACP House, 15 St Johns Business Park, Lutterworth, Leicestershire, LE17 4HB

Tel No. 0870 443 5252 Fax: 0870 443 5161

e-mail: bacp@bacp.co.uk Website: www.bacp.co.uk

Works with large and small organisations within the sector. Ranges from advising schools on how to set up a counselling service, assisting the NHS on service provision, working with voluntary agencies and supporting independent practitioners. A searchable directory of counsellors and therapists is available from the above address.

British Association for Sexual & Relationship Therapy

B.A.S.R.T, PO Box 13686, London, SW20 92H

Tel No. 0208 5432707

e-mail: info@basrt.org.uk Website: www.basrt.org.uk

BASRT is the national specialist charity for sexual and relationship therapy. We provide lists of therapists, training etc.

British Association for Supported Employment

Website: www.afse.org.uk

BASE is a membership organisation for supported employment agencies and supported businesses in the UK. This site gives a wide range of information and services to our members and others interested in supported employment.

British Association of Anger Management

Tel No. 0845 1300286 Helpline No. 0845 1300286

e-mail: info@angermanage.co.uk Website: www.angermanage.co.uk

We are the only UK centre of expertise for all aspects of anger and conflict management. We offer support, programmes and training for the general public, children and teenagers, government bodies, corporations, educational sector, H.R. etc.

British Epilepsy Association

Anstey House, Gate Way Drive, Yeadon, Leeds, LS19 7XY

Tel No. 0113 210 8800 Helpline No. 0808 800 5050 Fax: 0113 391 0300

e-mail: epilepsy@epilepsy.org.uk Website: www.epilepsy.org.uk

When & Where: 9.00am - 4.30 pm Mon - Thurs. Fri until 4.00pm

The British Epilepsy Association has local branches offering advice and help on epilepsy. Information on medical care, drugs, pregnancy etc. Advice on social issues eg. driving, education etc. Full time professional advice. Letter contact if preferred.

British Pregnancy Advisory Service

4th Floor, Amec House, Timothy's Bridge Road, Stratford-upon-Avon, CV37 9BF

Tel No. 01564 793225 Admin Helpline No. 0845 730 40 30 Fax: 01564 794935

e-mail: info@bpas.org Website: www.bpas.org

BPAS is a charity offering information, counselling, treatment and a range of services linked with unwanted pregnancy and contraception.

British Psychological Society

Website: www.bps.org

A searchable directory of Chartered Psychologists offering services to the public. Includes details as to their areas of specialism and qualifications and a register of Psychologists specialising in psychotherapy.

Brook

421 Highgate Studios, 53-79 Highgate Road, London, NW5 1TL

Tel No. 020 7284 6040 Admin Helpline No. 0800 0185 023 Fax: 020 7284 6050

e-mail: admin@brookcentres.org.uk Website: www.brook.org.uk

When & Where: Mon - Fri 9.00am-5.00pm

Brook Advisory Centres (commonly known just as Brook) is the only national voluntary sector provider of free and confidential sexual health advice and services specifically for young people under 25. Brook is a registered charity.

Bullying Helpline Kidscape

2 Grosvenor Gardens, London, SW1W 0DH

Tel No. 020 7730 3300 Helpline No. 0845 1205 204 Fax: 020 7730 7081

e-mail: info@kidscape.org.uk Website: www.kidscape.org.uk

When & Where: Helpline available Monday to Friday 10am - 4pm

Kidscape is committed to keeping children safe from abuse. Kidscape is the first charity in the UK established specifically to prevent bullying and child sexual abuse. Kidscape

Infolink August 2008 – Inclusion in this booklet does not necessarily imply recommendation

believes that protecting children from harm is key.

Carecall (NI) Ltd

84 University Street, Belfast, BT7 1HE

Tel No. 02890 614440 Fax: 02890 896506

e-mail: info@carecallsolutions.com

When & Where: 9am - 5pm Variable

Stress Management/Telephone Helpline/Face to Face counselling.

Carers UK

Ruth Pitter House, 20-25 Glasshouse Yard, London, EC1A 4JT

Tel No. 020 7490 8818 Helpline No. 0808 808 7777 Fax: 020 7490 8824

e-mail: info@carersuk.org Website: www.carersuk.org

When & Where: CarersLine Weds & Thurs 10am - 12pm and 2pm - 4pm

We provide information and advice on all aspects of caring to both carers and professionals. Our network of offices and branches and individuals offer support to carers and provide vital feedback on local practices and policies towards carers.

Carrgomm Housing Association

Duke House, 6-12 Tabard Street, London, SE1 4JU

Tel No. 020 7397 5300 Fax: 020 7397 5301

e-mail: info@carr-gomm.org.uk Website: www.carrgomm.org.uk

When & Where: 9am - 5pm

Providing supported accommodation for individuals with a range of needs. We have 2 schemes in Chesterfield, a shared house for 6 tenants and 6 self contained flats.

Childline

Western House, 42 Curtain Road, London, EC2A 3NH

Tel No. 020 7825 2500 Helpline No. 0808 800 5000 Fax: 020 7825 2525

e-mail: info@nspcc.org.uk Website: www.nspcc.org.uk

When & Where: 24 hours a day

The helpline is mainly for children and young people and can help with any kind of problem, including child abuse. You can also ring them if you are worried about a friend. You can also write to: Freepost 1111, London N1 0BR.

Children's Legal Centre

University of Essex, Wivenhoe Park, Colchester, Essex, CO4 3SQ

Tel No. 01206 872 466 Fax: 01206 874 026

e-mail: clc@essex.ac.uk Website: www.childrenslegalcentre.com

When & Where: Mon-Fri 10am - 12.30pm, 2pm - 4.30pm

The Children's Legal Centre provides a free legal advice service by letter, telephone and email for children and those with concerns about them. Also produces a range of publications including 'Childright', a monthly journal.

Chinese Mental Health Association

2nd Floor, Zenith House, 155 Curtain Road, London, EC2A 3QY

Tel No. 020 7613 1008 Helpline No. 0845 122 8660 Fax: 020 7739 6577

e-mail: info@cmha.org.uk Website: www.cmha.org.uk

The Chinese Mental Health Association (CMHA) specialises in providing community based mental health assistance and support to the ever growing Chinese community in the United Kingdom.

College of Occupational Therapists

106-114 Borough High Street, Southwark, London, SE1 1LB

Tel No. 020 7357 6480

Website: www.cot.org.uk

The British Association/College of Occupational Therapists is the professional body for occupational therapy staff in the UK. The web-site includes useful information and publications.

Combat Stress

Head Office, Tyrwhitt House, Oaklawn Road, Leatherhead, Surrey, KT22 0BX

Tel No. 01372 841600 Fax: 01372 841601

e-mail: contactus@combatstress.org.uk Website: www.combatstress.org.uk

The ex-services mental welfare society. Offers assistance to veterans experiencing combat related mental distress, including post-traumatic stress disorder.

Commission for Equality and Human Rights

Kingsgate House, 66-74 Victoria House, London, SW1E 6SW

Tel No. 020 7215 8415 Fax: 020 7828 4587

e-mail: commissionersoffice@cehr.org.uk Website: www.cehr.org.uk

The new commission will be a non-departmental public body and independent influential champion whose purpose is to reduce inequality, eliminate discrimination, strengthen good relations between people and protect human rights.

Commission for Social Care Inspection (CSCI)

Tel No: 0845 015 0120

e-mail: enquiries@csi.gsi.gov.uk Website: <http://www.csci.org.uk/>

We regulate, inspect and review all adult social care services in the public, private and voluntary sectors in England. We give a star rating to councils and, from 2008, a quality rating to care services.

Community Legal Service

Tel No. 0800 0856 643 Helpline No. 0845 345 4 345

Website: www.clsdirect.org.uk

When & Where: Mon-Fri 9-5

If you live in England or Wales and want free high-quality legal information to help you deal with your legal problems, Community Legal Service Direct (CLS Direct) can help.

Compassionate Friends

53 North Street, Bristol, BS3 1EN

Tel No. 0845 120 3785 Admin Helpline No. 0845 123 2304 Fax: 0845 120 3786

e-mail: info@tcf.org.uk Website: www.tcf.org.uk

When & Where: Helpline daily 10.00am - 4pm, 6.30 - 10.30pm

Support and friendship, personal, telephone, group support for families when a child has died of any cause and at any age from similarly bereaved.

CONI - Care of Next Infant

Room C1, Stephenson Wing, Sheffield Children's Hospital, Western Bank, Sheffield

Tel No. 0114 276 6452

e-mail: Coni@sheffield.ac.uk

CONI is a programme used by hospitals and community health services to provide practical help and professional support for every family with their subsequent babies after a cot death.

Council for Information on Tranquilisers and Antidepressants (CITA)

The JDI Centre, 3-11 Mersey View, Waterloo, Liverpool, L22 6QA

Tel No. 0151 474 9626 Admin Helpline No. 0151 932 0102 Fax: 0151 284 8324

e-mail: CITA@Blueyonder.co.uk Website: www.citawithdrawal.org.uk

When & Where: Helpline 10am -1pm, Mon – Fri.

CITA seeks to raise awareness in society of the problems of prescribed drug addiction ie. sleeping pills and antidepressants. It does this by using the media, training workshops, conferences, meetings and literature.

Counsel and Care

Twyman House, 16 Bonny Street. London, NW1 9PG

Tel No. 020 7241 8555 Helpline No. 0845 300 7585 Fax: 020 7267 6877

e-mail: advice@counselandcare.org.uk Website: www.counselandcare.org.uk

When & Where: Mon - Fri 9 am - 5pm

National advice service providing advice, information, advocacy and casework for older people and their carers.

Counsellors in Primary Care (CPC)

Queensway, Bognor Regis, West Sussex, PO21 1QT

Tel No. 01243 870701 Fax: 01243 870702

e-mail: cpc@cpc-online.co.uk Website: www.cpc-online.co.uk

When & Where: Monday - Friday 9.00am - 5.00pm

Members are counsellors who work in primary care and who meet defined standards of training and practice.

Countryside Agency - Walking for Health

Natural England, Block 7, Government Buildings, Chalfont Drive, Nottingham

Tel No. 0115 929 1191 Fax: 01949 876222

e-mail: dawn.griffiths@naturalengland.org.uk Website: www.whi.org.uk

Walking is set to play a bigger role in creating a healthier nation. This new initiative aims to get more people involved who take little exercise or live in areas of poor health. We support local partnerships of health, leisure and community interest.

CPA Association

CPA Service, The Lodge, Walton Hospital, Chesterfield, S40 3HW

Tel No. 01246-515975 Fax: 01246 515976

e-mail: cpa.association@derbysmhservices.nhs.uk Website: www.cpaa.org.uk

When & Where: Office Hours

The Care Programme Approach Association (CPAA) has been established to support the implementation, operation, and development of the Care Programme Approach. It provides an update on new policy initiatives, a national network, publications and videos, etc.

Crossroads Caring for Carers

10 Regent Place, Rugby, CV21 2PN

Tel No. 0845 450 0350 Helpline No. 0845 450 6555 Fax: 0845 450 6556

Website: www.crossroads.org.uk

A Crossroads service is about giving time - improving the lives of carers by giving them time to be themselves and have a break from their caring responsibilities. Our aim is to provide a reliable service, tailored to meet the needs of each carer.

Cruse Bereavement Care

PO Box 800, Richmond, Surrey, TW9 1UR

Tel No. 020 8939 9530-Admin Helpline No. 0844 477 9400 Fax: 020 8940 1671

e-mail: info@cruse.org.uk Website: www.crusebereavementcare.org.uk

When & Where: Monday - Friday 9.30 - 5.00 Arranged between client and counsellor

The head office for Cruse which specialises in bereavement care. The aim of Cruse is primarily to offer counselling, literature and publications, which will help people through the natural process of grief.

Cry-sis Support Group Helpline

B M Cry-sis, London, WC1N 3XX

Tel No. 08451 228669

e-mail: info@cry-sis.org.uk Website: www.cry-sis.org.uk

When & Where: 9am- 10pm.

Gives support emotionally and practically to parents of babies who cry incessantly.

Telephone 08451 228669 which will put you in touch with local groups in your area between 9am-10pm.

Debt

Tricorn House, 51-53 Hagley Rd, Edgbaston, Birmingham, B16 8TP

Tel No. 0808 808 4000 Helpline No. 0808 808 4000 Fax: 0121 410 6230

Website: www.nationaldebtline.co.uk

When & Where: Mon-Fri 9.00am-9.00pm, Sat 9.30am-1.00pm

National Debtline is a national telephone helpline for people with debt problems. We give expert advice over the telephone and via email, send callers in debt a self help information pack free of charge. The service is free, confidential and independent.

Depression Alliance

Suite 212, Spitfire Studios, 63-71 Collier Street, London, N1 9BE

Helpline No. 0845 123 2320

e-mail: information@depressionalliance.org

Website: www.depressionalliance.org

Depression Alliance is a grassroots, member-led charity that provides information and services to people affected by depression. We campaign to raise awareness of this condition.

DIAL UK

DIAL UK, St Catherine's, Tickhill Rd, Doncaster, DN4 8QN

Tel No. 01302 310123 Fax: 01302 310404

e-mail: enquiries@dialuk.org.uk Website: www.dialuk.org

When & Where: Mon - Fri 10am - 4pm.

DIAL UK is the national organisation for the DIAL network - over 130 disability advice centres run by and for disabled people.

Disability & Carers Service (National)

Midlands Disability Benefits Centre, Five Ways Complex, Islington Row, Middleway, Edgbaston, Birmingham, B15 1SL

Tel No. 0121 6262000 Helpline No. 0800 882200

e-mail: midlands-dbc-customer-service@dwp.gsi.gov.uk

Website: www.dwp.gov.uk

Offers accessibility to disability living allowance, attendance allowance and carers allowance. Entitlement based on extent of personal care and mobility or caring

responsibilities resulting from disability or long term illness.
Staff translators / interpreters available to assist with Urdu, Punjabi, Gujarati, Hindi, Somali.

Domestic Abuse Support Service (DASS)

Tel No. 01298 71132 Helpline No. 0800 328 1242
e-mail: darproject@virgin.net Website: www.darp.org.uk
When & Where: Mon-Fri 9am-12pm
Confidential Advice; Support; Information and access to emergency transport.

Down's Syndrome Association

Langdon Down Centre 2a Langdon Park Teddington TW11 9PS
Tel No. 0845 230 0372 Helpline: 0845 230 0372 Fax: 0845 230 0373
e-mail: info@downs-syndrome.org.uk
When & Where: Tues, Wed and Thurs 10am-4pm
Information and support for people with a learning disability - Down's Syndrome - and their families.

Drinkline

Helpline No. 0800 9178282
When & Where: 9am 11pm Mon - Fri
Confidential alcohol counselling and information service.

Drug Helpline

40 Eastbourne Terrace, London, W2 3QR
Tel No. 0800 776600 Website: www.talktofrank.com
Helpline service available

Eating Disorders - The National Centre

National Ctr - Eating Disorder, 54 New Road, Esher, Surrey, KT10 9NU
Tel No. 01372 469493 Helpline No. 0845 838 2040 Fax: 01372 469550
e-mail: ncfed@btclick.com Website: www.eating-disorders.org.uk
When & Where: Contact for further details.
National Centre for eating disorders, providing treatment and support for persons affected in particular by compulsive overeating and bulimia.

Eating Disorders Association (beat)

First Floor, Wensum House, 103 Prince of Wales Road, Norwich, NR1 1DW
Tel No. 0870 770 3256 Admin Helpline No. 0845 634 1414 Fax: 01603 664915
e-mail: help@b-eat.co.uk Website: www.b-eat.co.uk
When & Where: Helpline, Mon-Fri 10.30 - 20.30 Sat 1- 16.30 Youthline (under 18s) 0845 634 7650 Mon-Fri 4.30 - 20.30 Sat 1-16.30 e mail: fyp@b-eat.co.uk
Eating Disorders Association is a national charity providing information, help and support for people affected by eating disorders and in particular anorexia and bulimia nervosa.

Epilepsy Action - Head Office

New Anstey House, Gate Way Drive, Yeadon, Leeds, LS19 7XY
Tel No. 0113 210 8800 Helpline No. 0808 800 5050 Fax: 0113 391 0300
e-mail: epilepsy@epilepsy.org.uk Website: www.epilepsy.org.uk
When & Where: Helpline Monday-Friday 9am-4.30pm (4pm on Fridays)
The British Epilepsy Association provides help and support for everyone with epilepsy,
Infolink August 2008 – Inclusion in this booklet does not necessarily imply recommendation

their families and those who care for them.

Ex-Services Mental Welfare Society

Head Office, Tyrwhitt House, Oaklawn Road, Leatherhead, Surrey, KT22 0BX

Tel No. 01372 841600 Fax: 01372 841601

e-mail: contactus@combatstress.org.uk Website: www.combatstress.org.uk

When & Where: 8am - 5pm

Helping ex-service men and women suffering mental health problems due to their service career. Help with war pensions and appeals. Home visits by network of welfare officers. 3 treatment centres in Scotland, Shropshire and Surrey.

Families Anonymous (local groups)

The Doddington and Rollo Community Association, Battersea, London, SW11 5JE

Tel No. 0207 498 4680 Helpline No. 0845 120 0660 Fax: 0207 498 1990

e-mail: office@famanon.org.uk Website: www.famanon.org.uk

When & Where: Nationwide

Runs self help groups in the UK for families and friends of those with a drug problem.

Fellowship of Depressives Anonymous

Box FDA Self Help, Ormiston House, 32-36 Pelham Street, Notts, NG1 2EG

Tel No. 0870 774 4320 Fax: 0870 774 4319

Website: www.depressionanon.co.uk

The Fellowship of Depressives Anonymous is a small national self help organisation for anyone suffering from depression or those who care about them. By means of self help and mutual support they try to help their fellow sufferers.

First Steps to Freedom

Po Box 476, Newquay, Cornwall, TR7 1WQ

Tel No. 0845 1202 916 Helpline No. 0845 1202 916

e-mail: first.steps@btconnect.com

When & Where: Helpline 10am-Midnight each day. Telephone Helpline

Registered Charity which aims to help people who suffer from phobias, obsessive compulsive disorders, those wishing to come off tranquillizers, or are suffering withdrawal symptoms from tranquillizers, panic attacks. Also help and advice for carers.

Focusline

Tel No. 08000 27 21 27 Helpline No. 08000 27 21 27 Fax: 0115 8447620

e-mail: focusline@rethink.org Website: www.rethink.org.uk

When & Where: Weekdays 5pm – 7am Weekends and Bank Holidays 24 Hours.

Focusline offers confidential support, information and emotional support to the area of Derbyshire. This service is available to any adult who has a mental health problem and to carers.

Foundation for the Study of Infant Death

Artillery House, 11-19 Artillery Row, London, SW1P 1RT

Tel No. 020 7222 8001 Helpline No. 020 7233 2090 Fax: 020 7222 8002

e-mail: office@sids.org.uk Website: www.sids.org.uk

When & Where: 9am-11pm Mon-Fri, 6-11pm weekends

The foundation offers befriending as well as advice and support to families bereaved by cot death. There will be someone to listen, to ask about the baby and where possible to offer advice etc.

Gamblers Anonymous

PO Box 5382, London, W1A 6SA

Tel No. 020 7351 3060 Helpline No. 020 7384 3040

Website: www.gamblersanonymous.org.uk

A self help fellowship of men and women who have joined together to do something about their own gambling problem. Gam-Anon offers friendship, practical help, comfort and understanding to parents, husbands and wives of compulsive gamblers.

Gingerbread - An Association for Lone Parent Families

307 Borough High Street, London, SE1 1JH

Tel No. 020 7403 9500 Helpline No. 0800 018 4318 Fax: 020 7403 9533

e-mail: office@gingerbread.org.uk Website: www.gingerbread.org.uk

Self help support group, meetings, support, activities, outings for lone parents. £5.00 pa membership to national organisation.

Hearing Voices Network

79 Lever Street, Manchester, M1 1FL

Tel No. 0845 122 8641 Helpline No. 0845 122 8642

e-mail: info@hearing-voices.org Website: www.hearing-voices.org

When & Where: 10am-4pm Mon-Fri This is a support network for people who hear voices. They produce literature and organise meetings and conferences. There are self help groups throughout the country. Contact the head office for more information.

Home-Start UK (local branches)

2 Salisbury Road, Leicester, LE1 7QR

Tel No. 0116 233 9955 Fax: 0116 233 0232

e-mail: info@home-start.org.uk Website: www.home-start.org.uk

When & Where: 9.00am-5.00pm

Volunteers offer support, friendship and practical support to young families with at least one child under 5 years of age who are experiencing difficulties and stress.

Homeless UK

Website: www.homelessuk.org

A website about services that help homeless people and those at risk of homelessness. Advisors and the public can use it to find information about services across the UK, including hostels, day centres and other advice and support services.

HOPElineUK

Lodge House, Thompson Park, Ormerod Road, Burnley, BB11 2RU

Tel No. 01282 432555 Helpline No. 0870 170 4000 Fax: 01282 432777

e-mail: admin@papyrus-uk.org Website: www.papyrus-uk.org

HOPElineUK is a confidential telephone helpline service providing support to anyone concerned that a young person they know may be at risk of suicide. HOPElineUK is staffed by trained professionals who can discuss your needs in coping.

Huntington's Disease Association

PO Box 5134, Derby, DE1 9WJ

Tel No. 01332 518988 Fax: 01332 518988

e-mail: info@hda.org.uk Website: www.hda.org.uk

When & Where: Vary wherever needed - Yorks, Notts, Lincs, Leicestershire, Derbyshire.

To provide support and advice to anyone with anything to do with Huntington's Disease, regardless of role. Carry out training, conferences, family visits, patient care development etc.

Hyperactive Children's Support Group (HACSG)

71 Whyke Lane, Chichester, West Sussex, PO19 7PD

Tel No. 01243 539966 Fax: 01243 539966

e-mail: hacsg@hacsg.org.uk Website: www.hacsg.org.uk

When & Where: Telephone for local contacts

HACSG aims to support parents with children suffering from

Hyperactivity/ADHD/Allergies, and to provide information to professionals, with an interest in these problems, to undertake research, and encourage alternatives to medicine.

Immigration Service Commission (OISC)

5th Floor, Counting House, 53 Tooley Street, London, SE1 2QN

Tel No. 020 7211 1500 Helpline No. 0845 000 0046 Fax: 020 7211 1553

Website: www.oisc.gov.uk

We can give you advice about who can help you with immigration issues. This office sets the standards and decides who can give you advice about immigration. We can recommend who can advise you.

JAMI - Jewish Association for Mentally ill

16a North End Road, London, NW11 8HJ

Tel No. 0208 458 2223 Fax: 020 8458 1117

e-mail: info@jamiuk.org Website: www.jamiuk.org

When & Where: 9.30am - 5.30pm

JAMI provides services and support to sufferers from severe mental illness and their carers.

Kidscape

2 Grosvenor Gardens, London, SW1W 0DH

Tel No. 020 7730 3300 Helpline No. 0845 1205 204 Fax: 020 7730 7081

e-mail: webinfo@kidscape.org.uk Website: www.kidscape.org.uk

Our helpline is for the use of parents, guardians or concerned relatives and friends of bullied children.

Life UK

LIFE House, Newbold Terrace, Leamington Spa, CV32 4EA

Tel No. 01926 421587 Fax: 01926 336497

e-mail: info@lifecharity.org.uk Website: www.lifeuk.org

We provide a nationwide care service for pregnant women, unsupported mothers, women with problems relating to pregnancy, fertility or infertility, or suffering from the effects of abortion.

Listening to Children

Publications and Information Unit, 42 Curtain Road, London, EC2A 3NH

Tel No. 0808 800 5000 Helpline No. 0808 800 5000 Fax: 020 7825 2750

e-mail: infounit@nspcc.org.uk Website: www.nspcc.org.uk

When & Where: For more information ring or write.

London Lesbian and Gay Switchboard (LLGS)

Infolink August 2008 – Inclusion in this booklet does not necessarily imply recommendation

PO Box 7324, London, N1 9QS

Tel No. 020 7837 6768 Helpline No. 0207837 7324 Fax: 020 7837 7300

e-mail: admin@lgs.org.uk Website: www.lgs.org.uk

This is a 24 hours information and support line for lesbians, gay men, their families and friends. Referrals are offered and a national database of lesbian and gay organisations is on hand should the caller request out of London information.

MDF The Bipolar Organisation

Castle Works, 21 St George's Road, London, SE1 6ES

Tel No. 08456 340 540 Helpline No. 08456 340 540 Fax: 020 7793 2639

e-mail: mdf@mdf.org.uk Website: www.mdf.org.uk

When & Where: Mon - Fri 9am - 5pm. Friday 9am - 5pm Local groups throughout the UK.

Has a network of local self help groups for people with manic depression and their families. A selection of books, booklets, leaflets and videos available upon request. Groups focus on manic depression. Access to groups is confidential.

Medical Foundation for the Care of Victims of Torture

111 Isledon Road, London, N7 7JW

Tel No. 020 7697 7777 Helpline No. Fax: 020 7697 7799

Website: www.torturecare.org.uk

When & Where: 9.30am - 6.30pm with appointment.

The Foundation provides survivors of torture in the UK with medical treatment, social assistance and psychotherapeutic support. It also documents evidence of torture and provides training for health professionals.

Mencap

123 Golden Lane, London, EC1Y 0RT

Tel No. 020 7454 0454 Helpline No. 0808 808 1111 Fax: 020 7608 3254

e-mail: information@mencap.org.uk Website: www.mencap.org.uk

Mencap is the UK's leading learning disability charity working with people with a learning disability and their families and carers.

Mental Health Foundation

9th Floor, Sea Containers House, 20 Upper Ground, London, SE1 9QB

Tel No. 020 7803 1101 Fax: 020 7803 1111

e-mail: mhf@mhf.org.uk Website: www.mentalhealth.org.uk

Work at the Mental Health Foundation covers children, adults of working age, people in later life and public mental health. We bring together teams that research, develop services, influence policy, provide information, involve public and patients.

Multiple Sclerosis Society of GB and N Ireland

372 Edgware Road, London, NW2 6ND

Tel No. 020 8438 0700 Helpline No. 0808 800 8000 Fax: 020 8438 0701

e-mail: info@mssociety.org.uk Website: www.mssociety.org.uk

When & Where: Office hours 9am - 5pm Monday - Friday

The MS Society funds research into the cause/cure for MS. The Society provides leaflets, education, conferences. Local branch support for anyone affected by Multiple Sclerosis.

NACRO (National Association for the Care and Re-settlement of Offenders)

Infolink August 2008 – Inclusion in this booklet does not necessarily imply recommendation

169 Clapham Road, London, SW9 0PU
Tel No. 020 7582 6500 Fax: 020 7735 4666

Website: www.nacro.org.uk

At Nacro, the crime reduction charity, we make society safer by finding practical solutions to reducing crime. Since 1966 we've worked to give ex-offenders, disadvantaged people and deprived communities the help they need to build a better future.

Narcotics Anonymous

202 City Road, London, EC1V 2PH

Tel No. 020 7251 4007 Helpline No. 0845 3733366 Fax: 020 7251 4006

e-mail: ukso@ukna.org Website: www.ukna.org

Narcotics Anonymous is a completely voluntary organisation. Membership is open to anyone with a drug problem seeking help, regardless of what drug or combination of drugs have been used.

National AIDS Helpline

Tel No. 0800 012-322, Helpline No. 0800 012-322

When & Where: 24 hours a day

24 hours 7 days a week freephone helpline concerned with AIDS.

National Association for People Abused in Childhood

42 Curtain Rd, London, EC2A 3NH

Tel No. 0800 085 3330 Helpline No. 0800 085 3330

Website: www.napac.org.uk

When & Where: weekdays and evenings, various times

NAPAC is the National Association for people abused in childhood. We are a registered charity which provides support and information for people abused in childhood. Includes listings of local support groups.

National Autistic Society

393 City Road, London, EC1V 1NG

Tel No. 020 7833 2299 Helpline No. 0845 0704004 Fax: 020 7833 9666

e-mail: nas@nas.org.uk Website: www.nas.org.uk

We champion the rights and interests of all people with autism and aim to provide individuals with autism and their families with help, support and services that they can access, trust and rely upon and which can make a positive difference to their lives.

National Centre for Independent Living

4th Floor, Hampton House, 20 Albert Embankment, London, SE1 7TJ

Tel No. 0207 587 1663 Fax: 0207 582 2469

e-mail: info@ncil.org.uk Website: www.ncil.org.uk

NCILs primary aim is to promote independent living. This means disabled people having control and choice over our own lives. To do this we give support and information around Direct Payments and individual budgets.

National Institute of Adult Continuing Education (NIACE)

Renaissance House, 20 Princess Rd West, Leicester. LE1 6TP

Tel No. 0116 204 4200 Fax: 0116 204 4201

e-mail: enquiries@niace.org.uk Website: www.niace.org.uk

NIACE exists to encourage more and different adults to engage in learning of all kinds. We campaign for - and celebrate the achievements of - adult learners, young and old,

and in all their diversity.

National Phobics Society

Zion CRC, 339 Stretford Road, Hulme, Manchester, M15 4ZY

Tel No. 0870 122 2325 Helpline No. 0870 1222325 Fax: 0161 226 7727

e-mail: info@phobics-society.org.uk Website: www.phobics-society.org.uk

When & Where: Call for details or send SAE to address above.

We offer advice, counselling, support to those suffering from anxiety disorders/including phobias, panic attacks, obsessive compulsive disorders. self help literature, contacts, quarterly report. Counselling self help groups. Clinical hypnotherapy service.

National Schizophrenia Fellowship Helpline

28 Castle Street, Kingston-upon-Thames, Surrey, KT1 1SS

Tel No. 0845 456 0455 Helpline No. 020 8974 6814

e-mail: info@rethink.org Website: www.rethink.org

NHS Direct

Tel No. 0845 4647 Helpline No. 0845 4647

Website: www.nhsdirect.nhs.uk

When & Where: 24 hours a day every day

Guidance on what to do when you have a worry. Do you call the Doctor or go to casualty or is it safe to wait until morning for a routine appointment? Sensible health advice when you have a more general query. Any health information that you need.

No Panic (local groups)

93 Brands Farm Way, Randlay, Telford, Shropshire, TF3 2JQ

Tel No. 01952 590005(office) Helpline No. 0808 808 0545 Fax: 01952 270962

e-mail: ceo@nopanic.org.uk Website: www.nopanic.org.uk

When & Where: Helpline: 10am-10pm

The relief and rehabilitation of those people suffering from panic attacks, phobias, obsessive compulsive disorders, related anxiety disorders and tranquilliser withdrawal, and to provide support to sufferers and their families and or carers.

NSPCC Child Protection Helpline

Public Enquiry Point, 42 Curtain Road, London, EC2A 3NH

Tel No. 0808 800 5000 Helpline No. 0808 800 5000 Fax: 0207 825 2750

e-mail: help@nspcc.org.uk Website: www.nspcc.org.uk

When & Where: 24 hours a day.

The NSPCC Child Protection Helpline is a free 24 hour service which provides counselling, information and advice to anyone concerned about a child at risk of abuse.

Overeaters Anonymous

Overeaters Anonymous, PO Box 19, Stretford, Manchester, M32 9EB

Tel No. 07000 784985

Website: www.oagb.org.uk

When & Where: 24 hour answerphone

The only requirement is a desire to stop eating compulsively. Welcome all.

Parentline Plus NSPCC

520 Highgate Studios, 53-79 Highgate Road, KentishTown, London, NW5 1TL

Tel No. 020 7284 5500 admin Helpline No. 0808 800 2222 Fax: 020 7284 5501

Website: www.parentlineplus.org.uk

Infolink August 2008 – Inclusion in this booklet does not necessarily imply recommendation

When & Where: 24hrs, 7days a week

Parentline is the national network of helplines for parents under stress. Local groups available. Ring for information.

Parkinson's Disease Society of the UK

215 Vauxhall Bridge Road, London, SW1V 1EJ

Tel No. 020 7931 8080 Helpline No. 0808 800 0303 Fax: 020 7233 9908

e-mail: enquiries@parkinsons.org.uk Website: www.parkinsons.org.uk

When & Where: Mon-Fri 8am - 6pm Parkinson's Disease Society produce a range of useful information to help people with Parkinson's Disease and their relatives. The Society has a network of local branches which can give help, advice and support.

Personality Plus - the personality disorder website

Website: www.personalitydisorder.org.uk

CSIP, the Department of Health and the Home Office have launched this web site to provide information, resources, and learning opportunities about personality disorder.

Positively Women

347-349 City Road, London, EC1V 1LR

Tel No. 020 7 713 0444 admin Helpline No. 020 7713 0222 Fax: 020 7713 1020

e-mail: info@positivelywomen.org.uk Website: www.positivelywomen.org.uk

When & Where: Mon - Fri 10am - 4pm. Local groups available.

Positively Women offers peer support for women living with HIV and AIDS in addition to providing information on HIV issues for women. Offers creche facilities, support groups and posters, newsletter and volunteer programme, also self help group.

RapeCrisis - England and Wales

e-mail: info@rapecrisis.org.uk Website: www.rapecrisis.org.uk

This website aims to provide the basic information that survivors of sexual violence, friends and family need to access the services they need.

Re-Solv - The Society for the Prevention of Solvent and Volatile Substance Abuse

30A High Street, Stone, Staffordshire, ST15 8AW

Tel No. 01785 817885 Helpline No. 01785 810762

e-mail: information@re-solv.org Website: www.re-solv.org

When & Where: Helpline Mon - Fri 9am - 5pm. Not public holidays

Working towards the prevention of solvent abuse and volatile substance abuse through information provision. Staff/volunteers can also refer onto other organisations that provide additional services, for example counselling.

Reactions to Rape, Sexual Abuse and Assault

PO Box 336, Manchester, M60 2BS

Tel No. 0161 273 4591 Helpline No. 0161 273 4500 Fax: 0161 273 4591

e-mail: mrccrasacs@btconnect.com Website: www.manchesterrapecrisis.co.uk

When & Where: Tues - Fri 10am - 4pm The Parkhurst Centre, Nelson Street, Manchester M13 9WP

We are here to listen and support women who have suffered rape, been sexually abused as a child or have experienced some other kind of sexual violence. We can provide information about pregnancy testing, abortion and VD, HIV and AIDS etc.

Refugee Council

Infolink August 2008 – Inclusion in this booklet does not necessarily imply recommendation

London

Tel No. 020 7346 6700 Helpline No. 020 7346 6777

e-mail: info@refugeecouncil.org.uk Website: www.refugeecouncil.org.uk

Refugee Council advice lines provide impartial advice on the asylum process, support and entitlements to refugees and asylum seekers, and those who work with them such as refugee community organisations and local authorities.

Relatives and Residents Association

24 The Ivories, 6-18 Northampton Street, London, N1 2HY

Tel No. 020 7359 8148 Helpline No. 020 7359 8136 Fax: 020 7226 6603

e-mail: info@relres.org Website: www.relres.org

When & Where: Mon - Fri 9.30-4.30

The Relatives & Residents Association exists for older people needing, or living in, residential care, and the families and friends left behind. Relatives often need a listening ear.

Release Legal Emergency and Drug Service

388 Old Street, London, EC1V 9LT

Tel No. 020 7729 5255 Helpline No. 0845 450 0215 Fax: 020 7729 2599

e-mail: ask@release.org.uk Website: www.release.org.uk

Release Legal Emergency & Drug Service deal with all drug problems - illegal and prescribed. We deal with all criminal law - specialise in drugs law. Available 10am - 5.30pm.

Revolving Doors Agency (Mental Health Charity)

The Turnmill, Units 28 and 29, 63 Clerkenwell Rd, London, EC1M 5NP Tel No. 020 7253 4038 Fax: 020 7553 6079

e-mail: admin@revolving-doors.co.uk Website: www.revolving-doors.co.uk

Revolving doors agency is the UK's largest charity concerned with mental health and the criminal justice system. We run practical schemes in police stations, prisons, and courts to support people who have 'fallen through the net' of mainstream services.

Royal College of Psychiatrists

Royal College of Psychiatrists, 17 Belgrave Square, London, SW1X 8PG

Tel No. 020 7235 2351 Fax: 020 7245 1231

e-mail: rcpsych@rcpsych.ac.uk Website: www.rcpsych.ac.uk

The Royal College of Psychiatrists is the professional and educational body for psychiatrists in the United Kingdom and the Republic of Ireland. We promote mental health by: Setting standards and promoting excellence, research and education, etc.

Samaritans (local groups)

The Upper Mill, Kingston Road, Ewell, Surrey, KT17 2AF

Tel No. 020 8394 8300 Helpline No. 08457 909090

e-mail: jo@samaritans.org Website: www.samaritans.org

When & Where: 24/7

Support by listening for those feeling lonely, despairing or contemplating suicide.

SANDS - Stillbirth and Neonatal Death Charity

28 Portland Place, London, W1B 1LY

Tel No. 020 7436 7940 Helpline No. 020 7436 5881 Fax: 020 7436 3715

e-mail: helpline@uk-sands.org Website: www.uk-sands.org

When & Where: Office is open 10am to 5pm Monday to Friday

Sands is working to support bereaved parents and families, and to press for improvements in care during pregnancy and when a baby has died.

SANELINE

1st Floor, Cityside House, 40 Alder Street, London, E1 1EE

Tel No. 0207 375 1002 office Helpline No. 0845 767 8000 Fax: 0207 375 2162

e-mail: info@sane.org.uk Website: www.sane.org.uk

When & Where: 12pm - 11pm Everyday

SANE is a national mental health charity which aims to raise awareness of mental illness and campaign to improve services, initiate and fund research into the causes of serious mental illness through its research centre.

Scope (formally The Spastic Society) (local groups)

Scope Response, PO Box 833, Milton Keynes, MK12 5NY

Tel No. 0808 800 3333

e-mail: response@scope.org.uk Website: www.scope.org.uk

When & Where: Helpline open 9am-7pm weekdays & 10am-2pm Saturday

Scope is a national charity about Cerebral Palsy. For disabled people achieving equality. Helpline is first point of contact & provides in depth information, advice & support on all areas of Cerebral Palsy and disability. We have a range of services.

Scottish Association for Mental Health

Cumrae House, 15 Carlton Court, Glasgow, G5 9JP

Tel No. 0141 568 7000 Fax: 0141 568 7001

e-mail: info@samh.org.uk Website: www.samh.org.uk

When & Where: Info Service Mon-Fri 2pm-4.30pm

Information about any aspect of mental health.

Seasonal Affective Disorder Association

SAD Association, PO Box 989, Steyning, BN44 3HG

Website: www.sada.org.uk

Information about Seasonal Affective Disorder (SAD). Offers advice and support to members.

Senior Line

207-221 Pentonville Road, London, N19UZ

Tel No. 020 7278 1114 Helpline No. 0808 800 6565 Fax: 020 7278 1116

e-mail: info@helptheaged.org.uk Website: www.helptheaged.org.uk

Senior Line is Help the Aged's free service for senior citizens, their relatives and carers and friends. Advice workers can assist with choices in later life, welfare, housing, nursing homes, practical help and insurance.

SHARP

83a Wyle Cop, Shrewsbury, SY1 1UT

Tel No. 01743 245365 Helpline No. 01743 245365

e-mail: sharphiliary@yahoo.com Website: www.s-h-a-r-p.org.uk

When & Where: 9am-9pm 7 days a week

Support Help and Advice for relatives and friends of prisoners. Free and confidential help, advice, support and friendship is available for the relatives and friends of those serving sentences, awaiting trial or facing the prospect of legal action.

Shaw Trust

Infolink August 2008 – Inclusion in this booklet does not necessarily imply recommendation

6 Broadgate House, Westlode Street, Spolding, Lincs, PE11 2AF

Tel No. 01775 712 414 Fax: 01775 712525

e-mail: debbie.brackner@shawtrust.org.uk Website: www.shawtrust.org.uk

Offer a confidential tailored service to help people who have experienced mental health problems to enter or re-enter the world of work.

SHIFT

11-13 Cavendish Square, London, W1G 0AN

Tel No. 0845 223 5447

Website: www.shift.org.uk

Shift is a five year initiative (2004-2009) in England to tackle stigma and discrimination surrounding mental health issues, including employment. Our aim is to create a society where people who experience mental health problems enjoy the same rights.

SignHealth

5 Baring Rd, Beaconsfield, Bucks, HP9 2NB

Tel No. 01494 687600 Fax: 01494 687622

e-mail: info@reachingdeafminds.org.uk Website: www.signcharity.org.uk

We provide services for deaf people with mental health problems. These include supported housing, outreach services, a training centre, and an advocacy service.

Talk to Frank

Helpline No. 0800 776600

e-mail: frank@talktofrank.com Website: www.talktofrank.com

Ring FRANK anytime and speak to a friendly adviser who's professionally trained to give you straight up, unbiased information about drugs. Website includes information, news and advice.

Thanet Phobic Group

47 Orchard Road, Westbrook, Margate, Kent, CT9 5JS

Tel No. 01843 833720 Helpline No. 01843 231783 Fax: 01843 833720

e-mail: thanetphobicgroup@lineone.net

When & Where: Occasional social engagements ie afternoon teas. Varied.

We are a support group (mainly by post). We supply information to trainee nurses etc and moral support and advice to all sufferers of stress.

The Advocacy Project

Advocacy Project, 91 Upper Parliament Street, Liverpool, L8 7LB

Tel No. 0151 709 9442 Fax: 020 7709 0004

e-mail: office@advocacyproject.co.uk Website: www.advocacyproject.co.uk

When & Where: 9am - 5pm

The Advocacy Projects offers community based service supporting and encouraging black and ethnic minorities to challenge inappropriate procedures, practices and treatments within the mental health system. Makes professionals aware of difficulties.

The Association for Post-Natal Illness

145 Dawes Road, Fulham, London, SW6 7EB

Tel No. 020 7386 0868

e-mail: info@apni.org Website: www.apni.org

When & Where: Monday to Friday - 10.00 a.m. - 2.00 p.m.

The Association for Post-Natal Illness is the leading organisation in its field, it was established in 1979 to: Provide support to mothers suffering from post-natal illness,

increase public awareness of the illness, and to encourage research into it.

The National Association for Children of Alcoholics (NACOA)

NACOA, PO Box 64, Fishponds, Bristol, BS16 2UH

Tel No. 01179 248005 Helpline No. 0800 358 3456 Fax: 01179 422928

e-mail: admin@nacoa.org.uk Website: www.nacoa.org.uk

NACOA was founded because of concern for the plight of children growing up in families where one or both parents suffer from alcoholism or a similar addictive problem. NACOA offers advice, information and support to children of alcoholics.

The National Autistic Society

393 City Road, London, EC1V 1NG

Tel No. 020 7833 2299 Helpline No. 0845 070 4003 Fax: 020 78339666

e-mail: nas@nas.org.uk Website: www.autism.org.uk

When & Where: Freephone national number is available 24 hours.

The national Autistic Society (NAS) Autism Helpline provides impartial, confidential information, advice and support for people with autism (including aspergers) and their families.

The Princess Royal Trust for Carers

Southend Road, Woodford Green, Essex, IG8 8HD

Tel No. 0844 800 4361 Fax: 0844 800 4362

e-mail: info@carers.org Website: www.carers.org

The Princess Royal Trust for Carers is the largest provider of comprehensive carers support services in the UK.

The Rural Stress Information Network

The Arthur Rank Centre, Stoneleigh Park, Kenilworth

Tel No. 02476853060 Fax: 024 7641 4808

e-mail: admin@arthurrankcentre.org.uk

Support for farmers in isolated rural locations.

Together: Working for Wellbeing

Together National Office, 12 Old Street, London, EC1V 9BE

Tel No. 020 7780 7300 Fax: 020 7780 7301

e-mail: contactus@together-uk.org Website: www.together-uk.org

When & Where: 9.30pm - 5.30pm Mon + Fri

Provide a range of community based services for people with mental health needs and their carers. Contact head office for details of services and locations. Regional Office in Rochdale on 01706 640 027

Triumph Over Phobia (Top UK)

PO Box 3760, Bath, BA2 3WY

Tel No. 0845 600 9601

e-mail: info@triumphoverphobia.co.uk Website: www.triumphoverphobia.com

Top UK is a network of structured self help groups for people with recognisable phobias or obsessive compulsive disorders run by lay people (many of whom are ex-sufferers). Members learn how to overcome their fears by following a self exposure programme in a supportive group setting.

UK Council for Psychotherapy

Infolink August 2008 – Inclusion in this booklet does not necessarily imply recommendation

Website: www.psychotherapy.org.uk

A searchable directory of Psychotherapists and Psychotherapeutic Counsellors who are registered with the UK Council for Psychotherapy

Victim Support

Cramer House, 39 Brixton Road, London, SW9 6DZ

Tel No. 020 7735 9166 Helpline No. 0845 3030900 Fax: 020 7582 5712

e-mail: contact@victimsupport.org.uk Website: www.victimsupport.org

When & Where: Mon-Fri 9am-9pm. Sat&Sun 9am-7pm. 9am-5pm bank hol

Victim Support have trained staff and volunteers based in 362 local Schemes and branches provide emotional support, information and practical help to people who have suffered crimes ranging from burglary to the murder of a relative.

Volunteering England

Regents Wharf, 8 All Saints St, London, N1 9RL

Tel No. 0845 305 6979 Fax: 020 7520 8910

e-mail: volunteering@volunteeringengland.org Website: www.volunteering.org.uk

Volunteering England promotes volunteering as a powerful force for change both for those who volunteer and the wider community. The website offers resources for those who work with, manage, or want to be a volunteer.

Women's Aid

Head Office, PO BOX 291, Bristol, BS99 7WS

Tel No. 0117 944 4411 Helpline No. 0808 2000 247 Fax: 0117 924 1703

e-mail: helpline@womensaid.org.uk Website: www.womensaid.org.uk

Women's Aid is the national domestic violence charity that helps over 320,000 women and children every year. We work to end violence against women and children, and co-ordinate and support over 500 domestic and sexual violence services across the country.

Y A P P & R - Young Alert Parkinson's Partners and Relatives Group

215 Vauxhall Bridge Road, London, SW1V 2EJ

Tel No. 020 7931 8080 Helpline No. 0808 800 0303 Fax: 020 7233 9908

e-mail: enquiries@parkinsons.org.uk Website: www.parkinsons.org.uk

Young Gay Men Talking

4 Brighton Road, Horsham, West Sussex, RH13 5BA

Tel No. 01403 210202 Fax: 01403 211001

e-mail: info@avert.org Website: www.avert.org/resource.htm

AVERT is an international HIV and AIDS charity based in the UK, with the aim of AVERTing HIV and AIDS worldwide.

Young Minds Parents Information Service

48-50 St John Street, London, EC1M 4DG

Tel No. 020 7336 8445 Helpline No. 0800 018 2138 Fax: 020 7336 8446

e-mail: enquiries@youngminds.org.uk Website: www.youngminds.org.uk

Free confidential telephone service providing information and advice for any adult with concerns about the mental health of a child or young person.

Young Minds Services

48-50 St John Street, London, EC1M 4DG

Infolink August 2008 – Inclusion in this booklet does not necessarily imply recommendation

Tel No. 020 7336 8445 Fax: 020 7336 8446

e-mail: enquiries@youngminds.org.uk Website: www.youngminds.org.uk

When & Where: Office hours Mon-Fri 9.30am-5.30pm

Young Minds is committed to improving the mental health of all babies, children and young people. A parents information service. Consultancy service and training and a wide range of publications. Also publishes a bi-monthly magazine.

Young people and self-harm

Website: www.selfharm.org.uk

This site is a key information resource for young people who self-harm, their friends and families, and professionals working with them. This site contains sensitive material. Please take care as you browse.

Derbyshire Mental Health Services NHS Trust

	TEAM	PROPERTY	FULL POSTAL ADDRESS	POSTCODE	TEL NBR
Amber Valley	Adults Amber Valley CMHT	North Mill	2nd Floor, Bridgefoot, Belper, Derbys	DE56 1YD	01773 826040
Amber Valley	Amber Valley CAMHS	Rivermead	Unit 1, Goods Road, Belper, Derbys	DE56 1UU	01773 880554
Amber Valley	Amber Valley Learning Disabilities Team	Alfreton Primary Care Centre	Church Street, Alfreton, Derbyshire	DE55 7AH	01773 546963 01773 546964
Amber Valley	Early Intervention Team North	Unity Mill	Derwent Street, Belper, Derby	DE56 1WQ	01773 882865
Amber Valley	Learning Disability In patient	Bingham House	Alfreton Park, Alfreton, Derbyshire	DE55 7AL	01773 834407
Amber Valley	Learning Disability In patient	Treeview/Oaklodge Bungalows	Bingham House, Alfreton Park, Alfreton, Derbyshire	DE55 7AL	01773 520328
Amber Valley	Older Adults Amber Valley CMHT	Babington Hospital	Babington Hospital, Belper, Derby	DE56 1WH	01773 881218
Amber Valley	The Phoenix Unit Team	The Phoenix Unit	100 John O'Gaunts Way, Belper, Derbys	DE56 0DB	01773 728712
Amber Valley	Young Persons Substance Misuse Service	Godkin House	Park Road, Ripley, Derbyshire	DE5 3EF	01773 571595
Chesterfield	Administration	Hartington Unit	Chesterfield and North Derbyshire Royal Hospital, Calow, Chesterfield	S44 5BL	01246 512564
Chesterfield	CCMHT-Old Age	Lea Hurst Day Hospital	Walton Hospital, Whitecotes Lane, Chesterfield	S40 3HW	01246 515594
Chesterfield	Chesterfield CMHT	Brimington Clinic	Church Street, Brimington, Chesterfield	S43 1JG	01246 555360
Chesterfield	Chesterfield CMHT	Tontine Road	Chesterfield Community Centre, Tontine Road, Chesterfield	S40 1QU	01246 347555
Chesterfield	Chesterfield CMHT - Dept of Old Age Psychiatry	Walton Hospital	Walton Hospital, Whitecotes Lane, Chesterfield	S40 3HW	01246 515964
Chesterfield	Chesterfield Community Mental Health Team	St Mary's Gate	42 St Mary's Gate, Chesterfield	S41 7TH	01246 347667
Chesterfield	Confederation HQ	84 Whitecoates Lane	84 Whitecotes Lane, Chesterfield	S40 3HW	01246 515696

Chesterfield	Crisis Assessment & Home Treatment Team	Castleton Day Unit	Hartington Unit, Chesterfield & North Derbyshire Royal Hospital, Calow, Chesterfield	S44 5BL	01246 277271 ask for Castleton Day Unit
Chesterfield	E.C.T.	Hartington Unit	Chesterfield and North Derbyshire Royal Hospital, Calow, Chesterfield	S44 5BL	01246 512562
Chesterfield	I.C.U.	Hartington Unit	Chesterfield and North Derbyshire Royal Hospital, Calow, Chesterfield	S44 5BL	01246 512675
Chesterfield	In patient Services	Hartington Unit	Chesterfield and North Derbyshire Royal Hospital, Calow, Chesterfield	S44 5BL	01246 512563
Chesterfield	Learning Disabilities Inpatients	Ash Green	Ashgate Road, Chesterfield	S42 7JE	01246 565000
Chesterfield	Medical Secretaries/Post Grad Secretaries	Hartington Unit	Chesterfield and North Derbyshire Royal Hospital, Calow, Chesterfield	S44 5BL	01246 513648
Chesterfield	Mental Health Act	Hartington Unit	Chesterfield and North Derbyshire Royal Hospital, Calow, Chesterfield	S44 5BL	01246 512591
Chesterfield	North Derbyshire Adult Rehabilitation Service	Cobden Road	29 Cobden Road, Chesterfield	S40 4TD	01246 551904
Chesterfield	North Derbyshire Alcohol Advice Service	Bayheath House	Rose Hill West, Chesterfield	S40 1JF	01246 206514 01246 204344
Chesterfield	North Derbyshire Community Drug Team	Bayheath House	Rose Hill West, Chesterfield	S40 1JF	01246 277388 01246 556083
Chesterfield	North Derbyshire Drug Intervention Programme Team	Bayheath House	Rose Hill West, Chesterfield	S40 1JF	01246 229844
Chesterfield	Out patient Services	Hartington Unit	Chesterfield and North Derbyshire Royal Hospital, Calow, Chesterfield	S44 5BL	01246 512564
Chesterfield	Psychiatric	Hartington Unit	Chesterfield and North Derbyshire Royal Hospital, Calow, Chesterfield	S44 5BL	01246 512564
City	Assertive Outreach Team - South	St Kathryns House	1st Floor, Mansfield Road, Derby	DE1 3AD	01332 331832
City	Assessment and Treatment Team	St Pauls House	14 Enterprise Way, Jubilee Business Park, Stores Road, Derby	DE21 4BB	01332 228950
City	Beeches Unit (Mother & Baby Unit)	Psychiatric Unit	Derby City General Hospital, Uttoxeter Road, Derby	DE22 3NE	01332 623824 or ext 3828
City	City South CAMHHS	Town House	123-125 Green Lane, Derby	DE1 1RZ	01332 292724
City	Cognitive Team	63 Duffield Road	63 Duffield Road, Derby	DE22 1AA	01332 717507
City	Collaborative Care Team	St James House, 3rd Floor	Mansfield Road, Derby	DE1 3AD	01332 547976
City	Criminal Justice Liaison	Hawthorns	Mill Hill Lane, Derby	DE23 6SB	01332 295610
City	Day Hospital	Dovedale Day Hospital	Derbyshire Royal Infirmary, London Road, Derby	DE1 2QY	01332 254886
City	Day Hospital	Resource Centre	Derbyshire Royal Infirmary, London Road, Derby	DE1 2QY	01332 254818

City	Derby City Community Mental Health Services	St James House	Mansfield Road, Derby	DE1 3AD	01332 547900
City	Derby City Community Team for Adults with Learning Disabilities	St Pauls House	1st Floor, 14 Enterprise Way, Jubilee Business Park, Stores Road, Derby	DE21 4BB	01332 256613
City	Derby City Crisis Resolution & Home Treatment Team	Psychiatric Unit	Derby City General Hospital, Uttoxeter Road, Derby	DE22 3NE	01332 623900
City	Derby City Specialist Alcohol	St James House	Mansfield Road, Derby	DE1 3AD	01332 547900
City	Derby City Specialist Drug Misuse Services	Bradshaw Clinic	1 Charnwood Street, Derby	DE1 2GX	01332 221708
City	Derby North CAMHS	The Mill	Lodge Lane, Derby	DE1 3HB	01332 201794
City	Dr Hartmann	Wilson Close	15/16 Wilson Close, Mickleover, Derby	DE3 5DT	01332 518975
City	Early Intervention Service	Kingsway House Central (moving to Quarnmill)	Kingsway Hospital, Derby	DE22 3LZ	01332 291446
City	Early Intervention Service South County & City Teams	Quarnmill House	Stores Road, Derby	DE 21 4XF	01332 291446
City	In Patient Older Adult	Lathkill	Kingsway Hospital, Derby	DE22 3LZ	01332 362221 ext 3702
City	In Patient Older Adult	Ward 14	Derbyshire Royal Infirmary, London Road, Derby	DE1 2QY	01332 347141 ext 2014
City	Inpatients Older Adult (Functional)	Ward 41	Derbyshire Royal Infirmary, London Road, Derby	DE1 2QY	01332 258041
City	Inpatients Older Adult (Functional)	Ward 45	Derbyshire Royal Infirmary, London Road, Derby	DE1 2QY	01332 258045
City	Inpatients Older Adult (Organic)	Ward 28	Derby City General Hospital, Uttoxeter Road, Derby	DE22 3NE	01332 785028
City	Learning Disability Inpatient	73 Leaper Street	c/o Milner House, Watson Street, Derby	DE1 3PJ	01332 366764
City	Learning Disability Inpatient	Churchview	Parker Street, Derby	DE1 3HX	01332 298384
City	Learning Disabilities HQ	St Pauls House	14 Enterprise Way, Jubilee Business Park, Stores Road, Derby	DE21 4BB	01332 228950
City	Learning Disability Inpatient	Craigmore	307 Burton Road, Derby	DE23 6AG	01332 341193
City	Learning Disability Inpatient	Kufena	355 Burton Road, Derby	DE23 6AH	01332 294322
City	Learning Disability Inpatient	Magnolia/Milner	Milner House, Watson Street, Derby	DE1 3PJ	01332 366764
City	Mental Health Liaison Team	Resource Centre	Derbyshire Royal Infirmary, London Road, Derby	DE1 2QY	01332 254701
City	Out patients	Resource Centre	Derbyshire Royal Infirmary, London Road, Derby	DE1 2QY	01332 254623

City	Psychology	Oaklands	103 Duffield Road, Derby	DE22 1AE	01332 292740
City	Psychotherapy	63 Duffield Road	63 Duffield Road, Derby	DE22 1AA	01332 717507
City	Psychotherapy	Rykneld	Bedford Close, Bedford Street, Derby	DE22 3PF	01332 207283
City	Psychotherapy	Temple House	Mill Hill Lane, Derby	DE23 6SA	01332 364512
City	Rehab in patient	Audrey House	Vernon Street, Derby	DE1 1FT	01332 293223
City	Rehab Inpatient	Friargate Flats	74 Friar Gate, Derby	DE1 1FN	01332 293223
City	Social Inclusion Rehabilitation and Recovery Team	63 Duffield Road	63 Duffield Road, Derby	DE22 1AA	01332 717507
City	South Country Crisis Assessment & Home Treatment	Psychiatric Unit	Derby City General Hospital, Uttoxeter Road, Derby	DE22 3NE	01332 623902
City	The Psychiatric Unit	Day Area	Derby City General Hospital, Uttoxeter Road, Derby	DE22 3NE	01332 623833
City	Ward 32	Psychiatric Unit	Derby City General Hospital, Uttoxeter Road, Derby	DE22 3NE	01332 623834 or ext 3813
City	Ward 33	Psychiatric Unit	Derby City General Hospital, Uttoxeter Road, Derby	DE22 3NE	01332 623830 or ext 3840
City	Ward 34	Psychiatric Unit	Derby City General Hospital, Uttoxeter Road, Derby	DE22 3NE	01332 623854
City	Ward 35	Psychiatric Unit	Derby City General Hospital, Uttoxeter Road, Derby	DE22 3NE	01332 623835
City	Ward 36	Psychiatric Unit	Derby City General Hospital, Uttoxeter Road, Derby	DE22 3NE	01332 623886 or ext 3834
City	Young Persons Specialist Service	Norman House	First Floor, Norman House, Mews Entrance, Friargate, Derby	DE1 1NU	01332 777090
City	South Derbyshire Dales Community Mental Health Team Elderly	Wilson Close	15/16 Wilson Close, Mickleover, Derby	DE3 5DT	01332 518975
Erewash	Erewash CAMHS	Century House	100 Nottingham Road, Long Eaton, Nottingham	NG10 2BZ	01159 464568
Erewash	Erewash CMHT	Brooklands	Park Avenue, Ilkeston, Derbys	DE7 5DH	01159 308696
Erewash	Erewash Learning Disabilities Community Team	Outlook	99 Briar Gate, Long Eaton, Nottingham	NE10 4BQ	01159 098718
Erewash	Learning Disability	The Manse	50 Wharncliffe Road, Ilkeston, Derbyshire	DE7 5GF	0115 9306389
Erewash	Older Adults	Chatsworth Ward	Kingsway Hospital, Derby	DE22 3LZ	01332 623344
Erewash	Older Adult Day Service	Woodside Ward	Ilkeston Community Hospital, Ilkeston, Derbys	DE7 8LN	01159 305522 Ext 269

High Peak&Dales	County Alcohol Services	28 Bank Road	28 Bank Road, Matlock, Derbys	DE4 3NF	01629 760740
High Peak&Dales	County Drug Services	28 Bank Road	28 Bank Road, Matlock, Derbys	DE4 3NF	01629 55519
High Peak&Dales	Crisis Assessment & Treatment Team	Chapel Health Centre	Thornbrook Road, Chapel en le Frith, Derbyshire	SK23 ORG	01298 814784
High Peak&Dales	Crisis Assessment Treatment Team	The Ritz Building	27-29 Causeway Lane, Matlock, Derbys	DE4 3AR	01629 761600
High Peak&Dales	Derbyshire Dales CMHT/Crisis Team HP+D	The Ritz Building	27-29 Causeway Lane, Matlock, Derbys	DE4 3AR	01629 761600
High Peak&Dales	Early Intervention Team North	Wye House	Newholme Hospital, Baslow Road, Bakewell, Derby	DE45 1AD	01629 814716
High Peak&Dales	High Peak CMHT	Corbar View	1-3 Fountain Street, Buxton, Derbys	SK17 6HU	01298 22321
High Peak&Dales	High Peak CMHT	New Mills Clinic	Hyde Bank Road, New Mills, High Peak, Derbyshire	SK22 4BP	01663 747087
High Peak&Dales	High Peak CMHT Older Adults	Buxton Health Centre	1st floor, Buxton Health Centre, Bath Road, Buxton, Derbyshire	SK17 6HH	01298 213386
High Peak&Dales	Management Base	Wye House	Newholme Hospital, Baslow Road, Bakewell, Derby	DE45 1AD	Contact via The Ritz Number
High Peak&Dales	North Derbyshire Assertive Outreach Team	34 High Street	34 High Street, Staveley, Chesterfield	S43 3UX	01246 473013
High Peak&Dales	North Derbyshire Dales CMHT	Newholme Hospital	Newholme Hospital, Baslow Road, Bakewell, Derbys	DE45 1AD	01629 761600
North Eastern Derbyshire	Bolsover CMHT	The Old Vicarage	High Street, Bolsover, Chesterfield	S44 6HS	01246 827904
North Eastern Derbyshire	Bolsover CMHT Older Adult	Blue Room, Hartington Unit	Chesterfield and North Derbyshire Royal Hospital, Calow, Chesterfield	S44 5BL	01246 513015
North Eastern Derbyshire	Clay Cross CMHT	Clay Cross Social Services	High Street, Clay Cross, Chesterfield	S45 9JB	01246 537234
North East Derbyshire	Clay Cross CMHT Older Adult	Blue Room Hartington Unit	Chesterfield and North Derbyshire Royal Hospital, Calow, Chesterfield	S44 5BL	01246 513015
North Eastern Derbyshire	Client Base, (Bolsover CMHT)	1 Wilson Avenue	1 Wilson Avenue, Clowne	S43 4NH	Ask for Bolsover CMHT 01246 827904
North Eastern Derbyshire	Drop in Café	Carters Café	Shirebrook, Notts (Old former school building)	NG20 8AL	01246 827904
North Eastern Derbyshire	Glossop Mental Health Project	33 Charles Street	33 Charles Street, Glossop, Derbyshire	DE13 7DG	01457 728982
North Eastern Derbyshire	Killamarsh CMHT	Killamarsh Clinic	Parkside Shopping Centre, Killamarsh, Sheffield	S21 1FY	0114 247 4886
North Eastern Derbyshire	Killamarsh CMHT Older Adult	Blue Room, Hartington Unit	Chesterfield and North Derbyshire Royal Hospital, Calow, Chesterfield	S44 5BL	01246 513015
North Eastern Derbyshire	Shirebrook Health Centre	Shirebrook Health Centre	Patchwork Row, Shirebrook, Notts	NG20 8AL	01246 827904

North Eastern Derbyshire	The Buckle Club	KitchenCroft	KitchenCroft, Bolsover, Chesterfield	S44 6NF	01246 241730
North Eastern Derbyshire	Tibshelf Resource Team	Staffa Health Centre	3 Waverley Street, Tibshelf, Alfreton, Derbyshire.	DE55 5PS	01246 827904
South Derbyshire	Derbyshire Dales and South CAMHS Child & Family	Ryedale	Unit 10, Rinkway Industrial Estates, Rink Drive, Swadlincote, Derbys	DE11 8JL	01283 214903
South Derbyshire	Derbyshire Dales CMHT	Hannage Brook Medical Centre	Hannage Way (off Water Lane), Wirksworth, Matlock, Derbys	DE4 4JG	01629 825170
South Derbyshire	Derbyshire Dales Comm Learning Disabilities Team	Hannage Brook Medical Centre	Hannage Way (off Water Lane), Wirksworth, Matlock, Derbys	DE4 4JG	01629 825400
South Derbyshire	South Derbyshire CMHT	Bankgate Resource Centre	Unit 13-15 Rinkway Industrial Estates, Rink Drive, Swadlincote, Derbys	DE11 8JL	01283 219118
South Derbyshire	South Derbyshire CMHT Older Adult	Cadley View	Robian Way, Swadlincote, Derbys	DE11 9DH	01283 551796
South Derbyshire	Southern Derbyshire Community Learning Disabilities Team	Bretby Business Park	Building 1A, 162 Ashby Road, Burton on Trent, Staffs	DE15 0YZ	01283 238085
Kingsway	Day Services Occupational	Albany	Kingsway Hospital, Derby	DE22 3LZ	01332 623291
Kingsway	In patient Long stay rehab	Cherry Tree Close	Kingsway Hospital, Derby	DE22 3LZ	01332 623714
Kingsway	Intensive Care	Intensive Care Unit	Kingsway Hospital, Derby	DE22 3LZ	01332 623715
Trustwide	UFM – User Focussed Monitoring	Kingsway Rm20 -main reception building	Kingsway Hospital, Derby	DE22 3LZ	01332 362221 ext 3440
Trustwide	Chief Executives Office	Bramble House	Kingsway Hospital, Derby	DE22 3LZ	01332 362221 ext 3737
Trustwide	Clinical Effectiveness & Compliance Team	Winster/Bramble House	Kingsway Hospital, Derby	DE22 3LZ	01332 362221 ext 3415
Trustwide	Communications Dept	Bramble House	Kingsway Hospital, Derby	DE22 3LZ	01332 362221 ext 3543
Trustwide	Community Care Business Unit	Confederation House	Walton Hospital, 84 Whitecotes Lane, Chesterfield	S40 3HW	01246 515696
Trustwide	CPA Service	The Lodge	Walton Hospital, Chesterfield	S40 3HW	01246 515974
Trustwide	Emergency & Forensic Care Business Unit	Psychiatric Unit	Derby City General Hospital, Uttoxeter Road, Derby	DE22 3NE	01332 623824 or ext 3954
Trustwide	Finance and IT	Kingsway House	Kingsway Hospital, Derby	DE22 3LZ	01332 362221 ext 3632 & 3663
Trustwide	Foundation Trust Project Office	Bramble House	Kingsway Hospital, Derby	DE22 3LZ	01332 362221 ext 3998
Trustwide	Human Resources	Kingsway Hospital	Kingsway Hospital, Derby	DE22 3LZ	01332 362221 ext 3664
Trustwide	Information Management	Kingsway House	Kingsway Hospital, Derby	DE22 3LZ	01332 362221 ext 3662

Trustwide	Learning and Development Service	Kingsway House	Kingsway Hospital, Derby	DE22 3LZ	01332 362221 ext 3679
Trustwide	Mental Health Act	Kingsway	Kingsway Hospital, Derby	DE22 3LZ	01332 362221 ext 3330
Trustwide	Older Adults Business Unit	Kingsway	Kingsway Hospital, Derby	DE22 3LZ	01332 362221 ext 3655
Trustwide	PFI Projects	Georgian House (Ground Floor)	Great Northern Road, Derby	DE1 1LJ	01332 299521
Trustwide	Public Relations Office	Bramble House	Kingsway Hospital, Derby	DE22 3LZ	01332 362221 ext 3543
Trustwide	Records Management	Kingsway Hospital	Kingsway Hospital, Derby	DE22 3LZ	01332 362221 ext 3760
Trustwide	Risk Management	Kingsway Hospital	Kingsway Hospital, Derby	DE22 3LZ	01332 362221 ext 3568
Trustwide	Trust HQ	Bramble House	Kingsway Hospital, Derby	DE22 3LZ	01332 623764 01332 547904

INDEX

abortion, 14, 18
 abuse, 3, 6, 7, 16, 17
 accommodation, 7
 ADHD, 14
 advice, 4, 6, 7, 9, 10, 12, 13, 14, 17, 18, 19, 20, 21, 22, 23
 advocacy, 9, 21
 AIDS, 16, 18, 23
 alcohol, 3, 4, 11, 22, 25, 26, 28
 Alfreton, 24, 29
 Alzheimer's, 4
 Amber Valley, 24, 32
 anger, 6
 anorexia, 11
 anxiety, 17
 Asian, 4
 aspergers, 22
 asylum seekers, 19
 Attention Deficit Hyperactivity Disorder, 3
 autism, 16, 22
 Bakewell, 28
 befriending, 4, 12
 benefits, 3, 5
 bereaved, 8, 12, 20
 bereavement, 10
 Bipolar, 15
 black and ethnic minorities, 21
 Bolsover, 32
 Brimington, 24
 bulimia, 11
 bullying, 6, 14
 Buxton, 28
 Care Programme Approach, 2, 9
 carers, 2, 4, 5, 7, 9, 12, 14, 15, 17, 20, 22, 32
 Cerebral Palsy, 20
 Chapel en le Frith, 28
 Chesterfield, 7, 9, 32, 33
 Child Protection, 17
 child sexual abuse, 6
 children, 6, 7, 14, 15, 22, 23, 24
 Chinese community, 7
 compulsive gamblers, 13
 compulsive overeating, 11
 conflict, 5, 6
 contraception, 6
 cot death, 8, 12
 counselling, 4, 5, 6, 7, 10, 11, 17, 18
 criminal justice system, 19
 deaf, 21
 debt, 10
 dementia, 4
 depression, 10, 12, 15
 Derby, 32
 Direct Payments, 16

disability, 5, 10, 11, 15, 20
 disabled, 5, 10, 16, 20
 discrimination, 8, 21
 Domestic Abuse, 11
 Down's Syndrome, 11
 drinking problems, 4
 drug addiction, 9
 drug users, 3
 drugs, 6, 12, 16, 19, 21
 eating compulsively, 17
 eating disorders, 11
 education, 6, 15, 19
 employment, 6, 21
 epilepsy, 6, 11
 Erewash, 27, 32
 ex-offenders, 16
 ex-service men, 12
 farmers, 22
 Focusline, 12
 FRANK, 21
 friendship, 8, 13, 20
 gay, 15
 Glossop, 28
 group support, 8
 guardians, 14
 Hartington, 24, 25, 28
 hear voices, 13
 High Peak, 28, 32
 HIV, 5, 18, 23
 homeless people, 13
 housing, 3, 7, 20, 21
 human rights, 8
 Huntington's Disease, 13, 14
 hypnotherapy, 17
 Ilkeston, 27
 immigration, 14
 independent living, 16
 infertility, 14
 information, 3, 4, 5, 6, 7, 8, 9, 10, 11, 13,
 14, 15, 16, 17, 18, 20, 21, 22, 23, 24, 32,
 33
 Inspection, 8
 Jewish, 14
 law, 3, 19
 learning disability, 15
 legal action, 20
 legal problems, 8
 lesbian, 15
 Lone Parent Families, 13
 manic depression, 15
 marital problems, 4
 Matlock, 28, 29
 mental distress, 8
 Multiple Sclerosis, 15
 mutual support, 4, 12
 New Mills, 28
 Newbold, 14
 NHS Direct, 17
 North Derbyshire, 24, 25, 28
 North East, 28, 32
 Nottingham, 9
 nursing homes, 20
 obsessive compulsive disorders, 12, 17,
 22
 older people, 3, 9, 19
 panic attacks, 12, 17
 parents, 3, 10, 13, 14, 18, 20, 22, 23, 24
 Parkinson's Disease, 18
 personality disorder, 18
 phobias, 12, 17, 22
 post natal depression, 4
 post-natal illness, 21
 post-traumatic stress disorder, 8
 pregnancy, 6, 14, 18, 20
 prisoners, 20
 prisons, 19
 psychiatrists, 19
 Psychotherapists, 23
 rape, 18
 Refugee, 18, 19
 residential care, 19
 resources, 3, 18, 23
 Ripley, 24
 Samaritans, 19
 Schizophrenia, 17
 Seasonal Affective Disorder, 20
 self help, 10, 12, 13, 15, 17, 18, 22
 self injury, 5
 self-harm, 24
 sexual and relationship therapy, 5
 sexual health, 6
 sexual violence, 18, 23
 sexually abused, 18
 Sheffield, 8
 sobriety, 4
 social care, 8
 solvent abuse, 18
 South Derbyshire, 27, 29, 32
 Staveley, 28
 stigma, 21
 stress, 13, 18, 21
 Stress Management, 7
 substance abuse, 18
 suicide, 13, 19
 support groups, 4, 13, 16, 18, 21
 supported businesses, 6

supported employment, 6
Swadlincote, 29
Telephone counselling, 4
torture, 15
training, 5, 6, 9, 14, 15, 21, 24
tranquilliser withdrawal, 17
transport, 11
veterans, 8
Victim Support, 23

violence, 5, 18, 23
voluntary, 4, 5, 6, 8, 16, 32, 33
volunteer, 5, 18, 23
volunteering, 4, 23
Walking, 9
women, 5, 12, 13, 14, 18, 23
Women's Aid, 23
work, 9, 19, 21, 23
young people, 3, 6, 7, 24

INFOLINK Entry Form

Derbyshire Mental Health Resource Database

The Mental Health Resource Database contains information about services, groups, resources, and activities that are available to people in Derbyshire to promote their mental health. The information is available to advice centres, service providers, voluntary groups, service users and carers in the form of list and booklets. It may also be available electronically in the future. We are collecting information, and would be grateful for your help. Please fill in the questionnaire below for each activity etc. that you are the contact for. A separate form should be filled in for each activity/group/service etc.

Title.....

Agency/Employer

Statutory (Name).....
 Voluntary (Name).....
 Other (Name).....

Area/s Covered: (tick any that apply)

Chesterfield	<input type="checkbox"/>	South Derbyshire	<input type="checkbox"/>	National	<input type="checkbox"/>
North East Derbyshire	<input type="checkbox"/>	Derbyshire Dales North	<input type="checkbox"/>	Erewash	<input type="checkbox"/>
Bolsover	<input type="checkbox"/>	Derbyshire Dales South	<input type="checkbox"/>	Derby City	<input type="checkbox"/>
High Peak	<input type="checkbox"/>	Amber Valley	<input type="checkbox"/>	Derbyshire	<input type="checkbox"/>
Other	<input type="checkbox"/>				

Description of activity:

.....

Meeting

Day/Dates/Times:.....

Venue:.....

Cost: (if any).....

Contact name:.....

Address:.....

Telephone No.:.....

Fax No.:.....

Helpline No.:.....

Website address:.....

E-mail address:.....

I understand that this information will be made widely available to members of the public, statutory agencies, voluntary bodies, etc. N.B. If you are operating from a private address, and do not wish your name and/or private address to be publicly available, you might consider arranging for another agency to be a mailing address or contact point for you.

Signed:..... **Date:**

**Please return completed form to:- Janice Rhodes, CPA Service, The Lodge, Walton Hospital, Whitecotes Lane, Chesterfield S40 3HW,
 Tel/Fax: 01246 515974 e-mail: cpa@derbysmhservices.nhs.uk**