

## SELF REFERRAL FOR COUNSELLING

There are several different organisations that offer talking therapies on the NHS in Derbyshire. The services they offer vary but could include telephone support, face to face appointments, video appointments, or group sessions. We would encourage you to look at each provider to find one that best suits your needs, and to make contact with more than one if you want to find out about their waiting times and services. Only one organisation can provide your therapy once you have chosen.

### TALKING MENTAL HEALTH DERBYSHIRE:

Tel: 0300 123 0542. Website: <http://www.derbyshirehealthcareft.nhs.uk/services/talking-mental-health-derbyshire-home/>

**AREAS:** ASHBOURNE, WIRKSWORTH, MATLOCK, BUXTON, BAKEWELL, SWADLINCOTE, ILKESTON, LONG EATON, DERBY, CHESTERFIELD AREA, BOLSOVER, BELPER, RIPLEY, ALFRETON AREA.

### INSIGHT HEALTHCARE:

Tel: 0300 555 5582. Website: [www.insighthealthcare.org](http://www.insighthealthcare.org)

**AREAS:** DERBY, CHESTERFIELD, NEW MILLS, BUXTON, BAKEWELL, MATLOCK, WHALEY BRIDGE, CHAPEL-EN-LE-FRITH and (some venues in Nottinghamshire)

### TRENT PTS:

Tel: 01298 602 080. Website: [www.trentpts.co.uk](http://www.trentpts.co.uk)

**AREAS:** DERBY, CHESTERFIELD, SWADLINCOTE, BUXTON AND (some venues in Nottingham City)

### VITAMINDS:

Tel: 0333 015 3496. Website: [www.vitahealthgroup.co.uk/vitaminds](http://www.vitahealthgroup.co.uk/vitaminds)

**AREAS:** ACROSS DERBY AND DERBYSHIRE