

## HELP & ADVICE

Young People			
Child Line	<a href="http://www.childline.org.uk">www.childline.org.uk</a>	0800 1111	NSPCC telephone helpline for children & young people.
Space@connexions	Connexions@Derby Facebook page	01332 643900	Advice & support for young people
Space@connexions	<a href="http://www.yoursexualhealthmatters.org.uk">www.yoursexualhealthmatters.org.uk</a>	0800 328 3383	Advice & support on sexual health (under 25's Only)
Youth Health Talk on-Line	<a href="http://www.youthhelthtalk.org">www.youthhelthtalk.org</a>		Website about young people's real life experiences of health and lifestyle
Young Minds	<a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>	08088 025544	Advice on emotional wellbeing for young people and their parents.
Safe and Sound	<a href="http://www.safeandsoundderby.co.uk">www.safeandsoundderby.co.uk</a>	01332 362120	Advice and support regarding child sexual exploitation.
Frank	<a href="http://www.talktofrank.com">www.talktofrank.com</a>	0300 790 0265	Drug advice & support
		0800 051 5857	Alcohol advice & support
Kidscape	<a href="http://www.kidscape.org.uk">www.kidscape.org.uk</a>	0207 730 3300	Bullying Advice & support
		0207 823 5430	Parent Advice Line (Mon,Tues 10am-5pm)
Domestic Abuse			
Derbyshire Domestic Violence & Sexual Abuse Service	<a href="http://www.ddvsas.org.uk">www.ddvsas.org.uk</a>	08000 198668	Support for women of domestic violence
		01246 540444	Support for men of domestic violence
Derbyshire Police Domestic Abuse		101	For non-emergencies
Derby Women's Centre	<a href="http://www.derby-womencentre.org.uk">www.derby-womencentre.org.uk</a>	01332 242654	
SV2	<a href="http://www.sv2.org.uk">www.sv2.org.uk</a>	01773 746115	Support for victims of sexual violence
Refuge	<a href="http://www.refuge.org.uk">www.refuge.org.uk</a>	0800 200 0247	For women & children of domestic violence
Men's Advice Line	<a href="http://www.mensadvice.org.uk">www.mensadvice.org.uk</a>	0808 801 0327	Support for men of domestic violence
Eating Distress			
First Steps	<a href="http://www.firststepsderbyshire.co.uk">www.firststepsderbyshire.co.uk</a>	01332 367571	Information & support for sufferers, relatives & friends
Beat Eating Disorders	<a href="http://www.beateatingdisorders.org.uk">www.beateatingdisorders.org.uk</a>	0808 801 0677	Helpline
		0808 801 0711	Young people helpline
Alcohol & Drug Support			
Derby Adult Alcohol Service	<a href="http://www.phoenix-futures.org.uk">www.phoenix-futures.org.uk</a>		Local Alcohol Support Service (Derby City)
Frank	<a href="http://www.talktofrank.com">www.talktofrank.com</a>	0300 790 0265	Drug advice & support
		0800 051 5857	Alcohol advice & support
Derbyshire Alcohol Advisory Service	<a href="http://www.alcohol-advice.co.uk">www.alcohol-advice.co.uk</a>	08453 084010	
Derby Adult Drug Treatment Services		03007 900265	Local Drug advisory & treatment service
Alcoholics Anonymous – AA	<a href="http://www.alcoholics-anonymous.org.uk">www.alcoholics-anonymous.org.uk</a>	0800 917 7650	National Helpline

Money & Legal Advice			
Derby City Council Advice Line		01332 256550	Free confidential advice
		01332 643394	Benefits Advice
		01332 643398	Money Advice
		01332 643395	Welfare Rights
Citizen Advice & Law Centre	<a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a>	03444 111444	National
		01332 228700	Local
National Debt line	<a href="http://www.nationaldebline.org">www.nationaldebline.org</a>	08088 084000	
24 hour helpline			
Samaritans	<a href="http://www.samaritans.org">www.samaritans.org</a>	08457 909090	24 hour free telephone support & advice
Mental Health Support			
Rethink Focus line	<a href="http://www.rethink.org">www.rethink.org</a>	0300 500 0927	Confidential advice regarding all aspects of mental health
Derby MIND	<a href="http://www.derbyshiremind.org.uk">www.derbyshiremind.org.uk</a>	01332 345966	
Derby PTS	<a href="http://www.trentpts.co.uk">www.trentpts.co.uk</a>	01332 265659	Local NHS counselling & therapy service
Derby Counselling & Therapy Service	<a href="http://www.derbycounsellingcentre.org">www.derbycounsellingcentre.org</a>	01332 366863	Local affordable, confidential counselling service
Derby Depression Club	<a href="http://www.derbydepressionclub.org.uk">www.derbydepressionclub.org.uk</a>	07914 300074	Monthly support group for depression and anxiety sufferers
Living life to the full	<a href="http://www.llttf.com">www.llttf.com</a>		Free practical life skills course in modules
Mood Gym	<a href="http://www.moodgym.com.au">www.moodgym.com.au</a>		Free on-line therapy course to help with depression & anxiety
Depression Self Help	<a href="http://www.mind.org.uk">www.mind.org.uk</a>		
Overcoming depression	Self-help book by Paul Gilbert 2009 (cost about £7 on amazon.co.uk)		
Dementia support & advice			
Alzheimer Society	<a href="http://www.alzheimers.org.uk">www.alzheimers.org.uk</a>	0300 222 1122	Leading national dementia charity. Advice for patients, families and carers
Dementia UK	<a href="http://www.dementiauk.org">www.dementiauk.org</a>	0800 888 6678	Helping families face dementia
Derby City & Derbyshire Dementia Support Services	<a href="http://www.makingspace.co.uk">www.makingspace.co.uk</a>	01925 571680	National
		01332 497640	Local Support
General health & patient Advice			
NHS 111	<a href="http://www.nhs.uk">www.nhs.uk</a>	111	Free 24/7 advice and information on all health matters
PALS @ Royal Derby Hospital	<a href="http://www.nhs.uk">www.nhs.uk</a>	0800 783 7691	Offers help, support & advice about local health services
Health Talk On-Line	<a href="http://www.healthtalkonline.org">www.healthtalkonline.org</a>		People's stories: see & hear people talk about their health conditions.
Carer & Parent Support			
Derbyshire Carers Association	<a href="http://www.derbyshirecarers.co.uk">www.derbyshirecarers.co.uk</a>	01332 200002	
Parent Partnership	<a href="http://www.derbyshireparentpartnership.co.uk">www.derbyshireparentpartnership.co.uk</a>	01332 641414	Parents & parents of children with special educational needs
Derbyshire Information Advice & support Service for SEND	<a href="http://www.derbyshireiass.co.uk">www.derbyshireiass.co.uk</a>		Provides impartial advice for special educational needs & disabilities
Gingerbread	<a href="http://www.gingerbread.org.uk">www.gingerbread.org.uk</a>	0808 802 0925	Advice & practical support for single parents