

Support for you

2021

General

Age UK

Advice for older people every day.

0800 678 1602

Call Derbyshire (Social Care Support)

Derbyshire County Councils call centre provides you with speedy, direct responses.

01629 533190

Carers UK Advice Line

Information and guidance to unpaid Carers.

0808 808 7777

Derbyshire Community Response Unit

Derbyshire County Council are coordinating a community response across the county to make sure vulnerable residents are supported through the coronavirus outbreak.

01629 535091

FRANK

Offer friendly, confidential advice on drug related issues by live chat or phone.

0300 123 6600

National Domestic Abuse Helpline

24 hour, free and in confidence helpline.

0808 2000 247

The Silver Line

24 hour helpline providing information, friendship and advice for to older people.

0800 4708090

Stay at home



Protect the NHS



Save lives



NHS 111

NHS 111 can help if you have an urgent medical problem and you're not sure what to do.

Visit 111.nhs.uk or call 111

Food Banks

Rural Action Derbyshire have an alphabetical list of all food banks.

Call **01629 592970** or email: info@ruralactionderbyshire.org.uk



Mental Health

CALM Helpline

For men who are down or have hit a wall for any reason, who need to talk or find information and support.

0800 58 58 58

Childline

Helpline for children struggling with mental health or abuse.

0800 1111

CRUSE Bereavement Care

For support during a bereavement.

0808 808 1677

Mind

Mind have both an information helpline and a legal helpline to give advice on mental health issues.

0300 123 3393 information

0300 466 6463 legal

Papyrus HopeLineUK

Confidential suicide prevention advice.

0800 068 4141

P3 Mental Health 24/7 Helpline

This service offers a free 24/7 helpline for people in Derbyshire and Derby City who require advice about mental health.

0800 028 0077

Relate Derby and Southern Derbyshire

Telephone counselling service for carers of people with mental health issues, autism and Asperger's.

0808 178 9363

Samaritans

Free helpline if you need someone to talk to or if you are worried about someone else.

116 123

Get in touch

Contact us by email

info@derbyshirecarers.co.uk

or call **01773 833833**

