

Guide to Mental Health & Wellbeing Information Sheet

Mental wellbeing can be simply described as feeling good and functioning well. Having good mental health enables you to play a fulfilling part in family life, work and friendships.

Positive mental health and wellbeing is also linked to good physical health, increased life expectancy, improved quality of life, better educational achievement and improved employment prospects.

Everyone has times when they feel down or stressed. Most of the time these feelings pass, but sometimes they can escalate into more serious problems that could impact on your life and mental health.

Each year 1 in 4 people will experience a mental health issue and the most common mental health conditions are anxiety and depression.

Emotional Health and Wellbeing

Emotional health, or mental wellbeing, is about how you're feeling and how well you can cope with your day-to-day life.

Many people with good emotional and mental health are able to:

- be confident in themselves
- engage and interact with the world around them
- manage stress and change
- express their emotions
- play a positive role in their home and work life

Many things can affect your mental wellbeing, including unemployment, loneliness, physical illness, poor housing, poverty, discrimination, trauma, violence, etc. Evidence suggests that there are five steps you can take to help to improve your emotional and mental health:

- Connect
- Be active
- Keep learning
- Give to others
- Take notice

Counselling

Counselling is having a person taking a professional interest in your emotional wellbeing. They work to a strict code of ethics that has your interests at heart.

The NHS has a webpage with the different kinds of counselling available - [nhs.uk/counselling](https://www.nhs.uk/counselling)

Most counsellors will charge for their time and can be comparatively expensive in relation to befriending. However, they are doing very different work and will be trained to work with you and your psychological state closely.

Emotional support local and national helplines

At times of stress, it's often helpful to talk to someone who is not involved in your situation. A number of websites and helplines are available:

- **Derbyshire mental health helpline** (24 hours per day) - derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service telephone: **0800 028 0077**
- **Derby and Derbyshire emotional health and wellbeing** - derbyandderbyshireemotionalhealthandwellbeing.uk
- **Carers Direct** - carersdirect.org telephone: **0300 123 1053**
- **Samaritans** - samaritans.org telephone: **116 123**
- **Sane** - sane.org.uk telephone: **0845 767 8000**
- **Mind** - mind.org.uk info line telephone: **0300 123 3393**
- **Cruse Bereavement Support** cruse.org.uk - Chesterfield, telephone: **01246 550080**
- **Cruse Bereavement Support** - Derby and South Derbyshire, telephone: **01283 533362**
- **Domestic Abuse Helpline** - nationaldahelpline.org.uk telephone: **0808 2000 247**
- **SupportLine** - supportline.org.uk telephone: **01708 765200**
- **Victim Support** - victimsupport.org.uk telephone: **0800 612 6505**
- **National Bullying Helpline** - nationalbullyinghelpline.co.uk telephone: **0845 22 55 787**

Services and Support

You should make an appointment to see your GP if you are worried about your mental health or that of someone close to you.

Your GP will assess your circumstances and offer appropriate advice or treatment. They can also refer you to a psychological therapy service or a specialist mental health service for further advice or treatment.

Talking Therapies

A common treatment for mental health issues are talking therapies, including counselling and cognitive behavioural therapy (CBT).

Around 600,000 adults are benefiting from psychological therapies in England every year. These therapies involve talking to a wellbeing practitioner or therapist, either one-to-one, in a group or with family and friends.

The NHS has more information about the benefits of talking therapies. You can either self-refer to these services, or your GP will refer you. All 4 providers offer exactly the same service across Derbyshire so who you are referred to is entirely your choice.

Talking therapy providers in Derbyshire:

- **Insight Healthcare** - telephone: **0300 555 5582**
- **Talking Mental Health** - telephone: **0300 123 0542**
- **Trent Psychological Therapies Service** - telephone: **01332 265 659**
- **Vita Minds** - telephone: **0333 0153 496**

Social Care Enablement Support

If you're struggling to cope with day-to-day life due to your mental health then our enablement workers may be able to help you.

They can help with practical things like welfare benefits, housing, employment, accessing community activities and assisting you to overcome any difficulties you may be experiencing that are impacting on your day-to-day life.

Call Derbyshire is the first point of contact for most enquiries, email:

contact.centre@derbyshire.gov.uk or telephone: **01629 533 190** and ask for the enablement service.

Advocacy Services

If you're having difficulties voicing what you want to say or being listened to in relation to accessing or using mental health services then you may be able to get support from an independent community advocate.

If you or someone you know has been sectioned under the Mental Health Act independent specialist advocacy is available to provide support in understanding your legal rights and being heard in relation to your care and treatment. You have to meet certain criteria in order to have this specialist advocacy service.

If someone lacks capacity to make their own decisions, then the independent mental capacity advocacy service can represent their views and wishes.

More information about advocacy support can be found at derbyshire.gov.uk/advocacy

What to do in a Crisis

For immediate, life-threatening emergencies, call **999**

If you've had thoughts of self-harming or are feeling suicidal, contact someone immediately such as a friend, relative or someone you can trust.

If you feel like you're unable to manage your symptoms and feel unsafe, you should contact your GP or **NHS 111** if out-of-hours.

If you, or someone you care about, is experiencing mental ill health and is in a crisis or emergency situation, the following organisations can help:

- your GP - if possible, your first point of contact should be your GP, as they will know your medical history and will decide the best action to take.
- if a health or social care professional (your care co-ordinator or key worker) has given you a specific phone number to call when you are concerned about your condition, continue to use that number.
- Adult Social Care and Health - during office hours contact Call Derbyshire on **01629 533 190** - the call centre is open between 8am to 8pm on Monday to Friday, and 9:30am to 4:30pm on Saturday to provide you with a speedy and direct response.
- Adult Social Care and Health Out of Hours - in an emergency outside of normal office hours, call the Emergency Duty Team on **01629 532 600**

For less urgent health needs, contact your GP or local pharmacist in the usual way.

You could also get help from The Samaritans. They provide non-judgmental emotional support for people who are experiencing feelings of distress, despair or suicidal thoughts. Telephone: **116 123** - 24 hours a day.