

Derbyshire Support Map

Mental health, wellbeing and community support across Derby and Derbyshire

No referral needed to use the map | Free to access | Available 24/7

Start with what you need today



Support options include: • Immediate support • bereavement support • self-help • peer support • support for young people • outdoor wellbeing • LGBTQ+ support • accessible services “and a wider range of health & wellbeing services

Scan to find support across Derby and Derbyshire



bit.ly/3MRbjvP

Helping people find support across Derby and Derbyshire since 2020

Making support visible. Building awareness. Connecting communities.

Help keep the map current. Share services, events, campaigns, updates and feedback.

Email: SupportMapDRPSS@rethink.org

Derbyshire Recovery & Peer Support Service



Derbyshire Recovery and Peer Support Service

Contact us
Monday to Fridays
9am - 12pm

If you are in mental health recovery and are ready to work on areas of your life that may be negatively impacting you, Derbyshire Recovery and Peer Support service offer various options in supporting you to take better control of your life. We offer short term support to help you achieve your mental health recovery goals.

Loss

Support

Advice

Relationships

Recovery

Volunteering

Improving mental health in Derbyshire

Peer support

Mental and
physical health

Services we can offer:

- Targeted support through one-to-one, telephone or group sessions
- Peer support groups
- Wellbeing and advice hubs
- Support on accessing other services (e.g. housing, employment, welfare benefits)
- Social and physical activities
- Supported signposting to other community support
- Volunteering opportunities

Derbyshire Recovery & Peer Support Service



In partnership with



Please contact us to find out more about the services we provide:



01773 734989



07537 410028



derbyshirerecoverypeersupportservice@rethink.org