

# Depression



# Infolink

## Health Resource Directory

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for the people of Derbyshire and Derby City  
*Updated March 2012*

**INFOLINK** is a mental health resource database which contains information about services, groups and activities that are available to people throughout Derbyshire and Derby City to promote good mental and physical health. The information is collected from many different sources and aims to serve as a useful tool for staff, people who use our services and their families and carers, and other organisations working in partnership.

The information included in this edition has been reviewed and updated for 2012. **INFOLINK** will be reviewed and re-issued regularly.

Updates are held on the Trust website on: [www.derbyshirehealthcareft.nhs.uk/](http://www.derbyshirehealthcareft.nhs.uk/), and on our Core Care Standards Website on [www.corecarestandards.co.uk](http://www.corecarestandards.co.uk)

This booklet supports our Core Care Standards, which are detailed inside.

The directory is listed in alphabetical order and is easy to use. A full index can be found at the back of the directory. Inclusion in **INFOLINK** does not imply recommendation or endorsement of any particular service. It is intended as a collection of available information to help staff and out service users and their families and carers plan care.

If you would like any further information about this directory or would like further copies, or would like to amend, add or update any of the entries, please contact:

Core Care Standards and CPA Service,  
The Lodge, Walton Hospital,  
Whitecotes Lane, Chesterfield, Derbyshire S40 3HW  
Tel/Fax: 01246 515974  
Email: [cpa@derbyshcft.nhs.uk](mailto:cpa@derbyshcft.nhs.uk)

## **Our Core Care Standards**

### **You will be involved as much as you want and are able to be**

Services work best when the people who use them are involved in the care process. We will take into account peoples diverse needs, particularly around communication and access. The service will protect your rights, as well as those of other people, and will protect you and others from harm wherever possible.

We will always try to make sure that people are involved as much as they want and are able to be, and have choices wherever possible, but choice may be limited by the services we have been commissioned to provide.

We want to support you to make informed choices through:

- taking part in planning your own care
- considering choices to promote and facilitate your recovery
- being central to the decisions made around your care
- having information to help you make informed choices and decisions

## **Our Core Care Principles**

### **We will keep information safe and share it when needed, and you will have the right information at the right time**

#### Information For You

To make sure that patients/service users have the information they need to make choices, participate in the care process, make informed decisions, and be truly partners in care, the Trust provides a variety of information including:

- Rights and responsibilities, copies of care plans, contact information, services available, self-help information
- Signposting to relevant agencies and services where needed
- Information required by law
- Benefits and risks of different types of treatment, potential side effects of medication

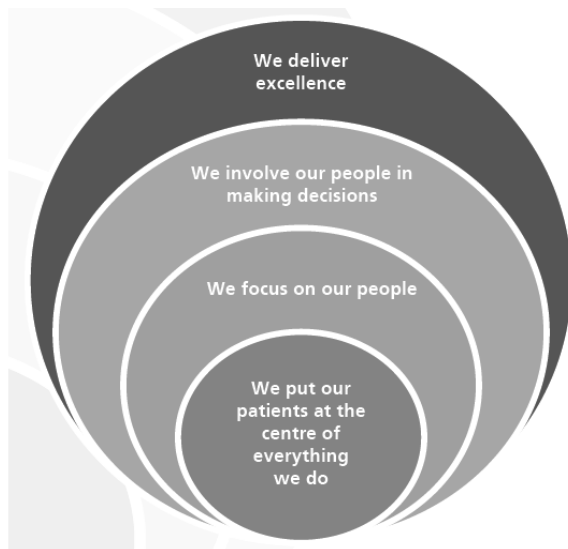
Using the NHS Choices website, you can create a tailor-made information prescription for particular conditions and illnesses.

Your information prescription tells you about:

- Your condition, your treatment options,
- Care services (from equipment to help you get around the house to specialised exercise classes),

- Benefits you may be able to claim,
- Housing, and support groups.

## The Link to Trust Values:



This booklet is a mini version of the Infolink Resource Directory and is intended to give information about services that can be accessed for advice, information or support with issues relating to Depression.

# Services to Support Depression

**Belper Cottage Project** 16 Chapel Street, Belper, Derbyshire, DE56 1AR  
Tel No: 01773 880364 When & Where: Varied Cottage Project  
Various groups: Alcoholics Anonymous, Anxiety & Depression Self-Help Group, Child Contact Centre, Over 60's Lunch Club, Spoda Stop Smoking Counselling, Derbyshire Housing Aid and Bereavement.

**Belper Self Help Group – Depression and Anxiety** c/o The Cottage Project, 1b Chapel Street Belper, Derby, DE56 1AR  
Tel No: 01773 822353/824548 e.mail: frances\_jackson@btinternet.com When & Where: 1st and 3rd Thursday of every month 7-9pm The Cottage-Chapel Street Belper (Opposite the bus station) The group provides mutual support encouragement and reassurance in an informal and friendly setting for those experiencing depression, anxiety and its related problems. Family, friends, parents, carers are also welcome.

## **Bipolar UK**

11 Belgrave Road, London, SW1V 1RB Helpline No: 08456 340 540  
e-mail: mdf@mdf.org.uk Website: [www.mdf.org.uk](http://www.mdf.org.uk)  
When & Where: Mon - Fri 10-4pm Local Groups throughout the UK. A user-led charity that works to enable people affected by bipolar disorder (manic depression) to take control of their lives. Provides information, and a wide range of support services for members.

## **Children First Derby**

Children First Derby, 13 Leopold Street, Derby, DE1 2HE  
Tel No: 01332 341516 Fax: 01332 720637  
e-mail: childrenfirst@care4free.net Website: [www.childrenfirstderby.co.uk](http://www.childrenfirstderby.co.uk)  
When & Where: 10.00am-5.00pm Mon to Fri own home or clients home  
Trained volunteer befrienders visit parents in their own homes to offer emotional support at times of stress or crisis. The parents may have a wide range of issues including depression or anxiety.

**Depression Alliance** 20 Great Dover Street, London, SE1 4LX  
Helpline No: 0845 123 2320 e-mail: information@depressionalliance.org  
Website: [www.depressionalliance.org](http://www.depressionalliance.org) Depression Alliance is a grassroots, member-led charity that provides information and services to people affected by depression. We campaign to raise awareness of this condition.

**Derby Depression Club** The Guinness Trust, Residents Common Room, Sidney Street, Derby, DE1 2TU

Tel No: Heather or David 07914 300074 (Answerphone)

e-mail: [info@derbydepressionclub.org.uk](mailto:info@derbydepressionclub.org.uk)

website: [www.derbydepressionclub.org.uk](http://www.derbydepressionclub.org.uk)

Meets fortnightly on Mondays 6.00 pm to 8.00 pm. Self help group for people who suffer anxiety/depression, their friends relatives and carers.

**Depression UK** Box FDA Self Help Nottingham, Ormiston House, 32-36 Pelham Street, Notts, NG1 2EG

e-mail: [info@depressionuk.org](mailto:info@depressionuk.org) Website: [www.depressionuk.org](http://www.depressionuk.org)

A free, confidential, impartial service offering help, advice and support to parents and carers of children and young people.

**Derby Counselling Centre** 75 Osmaston Road, Derby, DE1 2JH

Tel No: 01332 366863 e-mail: [info@stressaid.org.uk](mailto:info@stressaid.org.uk)

Website: [www.derbycounsellingcentre.co.uk](http://www.derbycounsellingcentre.co.uk)

When & Where: Tues, Wed, Thurs 10am- 9pm-Counselling by app only

Provides counselling/therapy on a confidential 50 min appointment basis for people experiencing emotional stress caused by circumstances or relationships, and which may be manifested in anxiety, depression and physical illness.

**DORA (Dedicated Organisation Raising Awareness of Mental Health Issues)** The Annexe, Holywell Health Centre, Holywell Street, Chesterfield, S41 7SH Tel No: 01246 540 750

e-mail: [doradoradora@btconnect.com](mailto:doradoradora@btconnect.com) Website: [www.nedcash.co.uk](http://www.nedcash.co.uk)

Based in Chesterfield, dora is a charitable umbrella organization for mental-

health self-help groups in Derbyshire. There are 25+ groups in this family, helping people cope with a wide range of mental health issues, including but not limited to depression, anxiety, eating disorders, hearing voices, self-harming, bipolar.

## Core Care Standards listed:

### Assessment:

- We will find out with you what your needs are

### Care planning:

- You will have a clear care plan

### Review:

- We will check that things are working for you

### Co-ordination:

- Your care will be co-ordinated

### Discharge/Transfer:

- We will make sure your transfer or discharge works well

### Families and Carers:

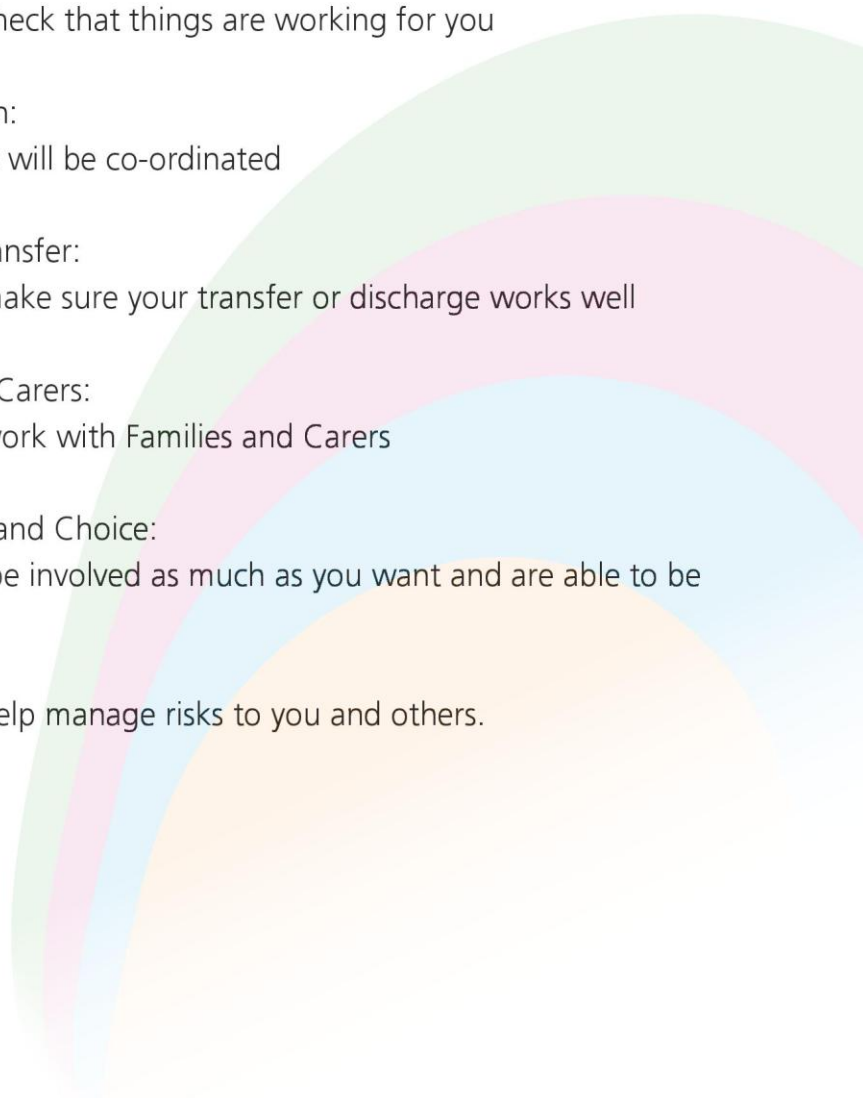
- We will work with Families and Carers

### Involvement and Choice:

- You will be involved as much as you want and are able to be

### Risk:

- We will help manage risks to you and others.





# Love Your Local NHS

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discounts at a wide range of high street stores and a  
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Sign up now

[www.loveyourlocalnhs.co.uk](http://www.loveyourlocalnhs.co.uk)

Available in other languages and other formats. Please ask for a translation.

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可翻譯為其他語言或用其他格式顯示。請要求獲得翻譯本。

Disponible dans d'autres langues et dans d'autres formats. Veuillez demander une traduction.

अन्य भाषाओं और अन्य प्रारूपों में उपलब्ध, कृपया अनुवाद के लिए पूछें।

可翻译为其他语言或用其他格式显示。请要求获得翻译本。

Informacje dostępne w innych językach i formatach. Prosimy zapytać o tłumaczenie.

ਦੂਜੀਆਂ ਭਾਸ਼ਾਵਾਂ ਅਤੇ ਦੂਜੇ ਫਾਰਮੈਟਾਂ ਵਿੱਚ ਉਪਲਬਧ ਹੈ। ਕ੍ਰਿਪਾ ਕਰਕੇ ਅਨੁਵਾਦ ਲਈ ਕਹੋ।

Dostupno na drugim jezicima i u drugim formatima. Molimo pitajte za prevod.

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