

Mental Health and Wellbeing Sessions Support



**Join us every Tuesday
at Chesterfield Library,
New Beetwell Street,
Town Centre,
Chesterfield S40 1QN**

**Come any time between
10:30am and 12:30pm**

Every Tuesday

We support people who are having difficulties with their mental health across the whole spectrum of mental illnesses. Offering targeted goal-focused support, developing peer support and volunteer opportunities, and peer support groups across Derbyshire.

Derbyshire Recovery & Peer Support Service

Twice monthly

SAIL is a specialist service in Derbyshire for people who are 18+, who have been affected by or experienced incest, sexual abuse or sexual violence at any time in their lives. Helpline 0800 028 2678.

Sail

Once monthly

Live Life Better Derbyshire offer support to improve your emotional wellbeing by helping you to stop smoking for good, lose weight and to become more physically active, Tel: 0800 085 2299, Facebook: Live Life Better Derbyshire.

Live Life
BETTER
DERBYSHIRE

If you are unsure of where to turn, what service you need, or who to talk to, a good start would be to come and see us.

Where support services including Sail, Live Life Better Derbyshire and the Derbyshire Recovery and Peer Support Service, alongside volunteers with lived experience of various issues can offer you guidance, information, and practical support.

We are open to everyone who would like advice, guidance, and support on all aspects of their mental health and wellbeing, we offer a listening ear and support on psychological, physical health & wellbeing, sexual health, abuse support and can guide you too much more.

Our teams will listen to you, and you can talk through your options together. You can be in control of making positive changes in your life. Free to access, no referral needed, all are welcome, come along and say hello.

A listening ear

Help to stop smoking

Weight management

Abuse support

Bereavement signposting

Wellbeing

Advice



**For further information please call
01773 734989, or email the service at
DerbyshireRecoveryPeerSupportService@rethink.org**