

## IAPT SERVICE PROVIDERS (COUNSELLING)

### Primary Care Psychological Therapies in Derby City and Derbyshire County

You may have agreed with your GP that referral to psychological therapy may be appropriate for you. This may have been discussed with you as a referral for counselling although it can include other services such as Cognitive Behavioural Therapy, or CBT as it is widely known.

You can **self-refer** to the following organisations. The services will be operating from a number of venues, via telephone and online. They will be able to give more information about this when contact is made. The advice initially is to contact the service and they will be able to give a more detailed list of where they are providing services with waiting times etc.

Provider Organisation and Details	Main areas where the services are based
<p><b>VitaMinds</b> Tel: 0333 0153 496 Web: <a href="https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/derby-and-derbyshire/">https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/derby-and-derbyshire/</a> To access support quickly and easily from VitaMinds, this link will take you to our automated referral assistant: <a href="https://vitamins.limbic.ai/?utm_campaign=Hartington">https://vitamins.limbic.ai/?utm_campaign=Hartington</a></p>	<p>VitaMinds works with people over the age of 18 years across Derbyshire.</p> <p>We all experience times when we feel like we can't cope, sometimes this can start to affect our everyday lives and prevent us from doing the things we normally do. If you are experiencing feelings of depression, anxiety, post-traumatic stress disorder, excessive worry or low mood, then VitaMinds can help.</p> <p>VitaMinds provides a talking therapy service, known as IAPT (Improving Access to Psychological Therapies). We offer a range of evidence based talking therapies and new ways of coping to help you better manage your mood. All our therapies can be provided via secure video, text-based therapy, webinar, phone or face to face (one to one or group).</p>
<p><b>Talking Mental Health Derbyshire</b> tel. 0300 123 0542; <a href="http://www.derbyshcft.nhs.uk/tmhd">www.derbyshcft.nhs.uk/tmhd</a></p>	<p>ASHBOURNE, WIRKSWORTH, MATLOCK, BUXTON, BAKEWELL, SWADLINCOTE, ILKESTON, LONG EATON, DERBY, CHESTERFIELD AREA, BOLSOVER, BELPER, RIPLEY, ALFRETON AREA</p>
<p><b>Insight Healthcare</b> tel. 0300 555 5582; web <a href="http://www.insighthealthcare.org">www.insighthealthcare.org</a></p>	<p>DERBY, CHESTERFIELD, NEW MILLS, BAKEWELL, BUXTON, MATLOCK, WHALEY BRIDGE, CHAPEL-EN-LE-FRITH (some venues in Nottinghamshire)</p>
<p><b>Trent PTS</b> tel. 01332 265659; web <a href="http://www.trentpts.co.uk">www.trentpts.co.uk</a>. E: <a href="mailto:enquiries@trentpts.co.uk">enquiries@trentpts.co.uk</a></p>	<p>DERBY, CHESTERFIELD, SWADLINCOTE, BUXTON (some venues in Nottingham City). Patients can be seen at Hardwick House, Hardwick Street, Buxton. Current waiting time about 2 weeks</p> <p><b>16-18 YEARS – will also see/offer CBT, Counselling and Psychotherapy and Group Therapy for this age group.</b></p>
<p><b>Derwent Rural Counselling</b> 0800 047 6861 web: <a href="https://dracs.org.uk/">https://dracs.org.uk/</a></p>	<p>Services available at various locations in Derbyshire Services for under 16's, 16's and over, Professionals and Helping a Loved One</p>
<p><b>Derbyshire Mental Health Advice Support Line</b> 0800 028 0077</p>	<p>The Derbyshire Mental Health Helpline and Support Service is a freephone service available to everyone living in Derbyshire - both young people and adults. It is open 24 hours a day, seven days a week. If you or your loved one are experiencing distress or anxiety, or feeling that you cannot cope, call us on <b>0800 028 0077</b> for support over the phone. That support could be about your mental health, but you can also talk through practical issues that may be causing concern.</p>