

## Hello

**Derbyshire Carers Association offices will be closed from 4.30pm Christmas Eve until 9am Tuesday 4th January 2022.**

Should you need help and support over the festive period, please refer to the information below:

### NHS 111

NHS 111 can help if you have an urgent medical problem and you're not sure what to do.

**Visit [111.nhs.uk](https://111.nhs.uk) or call 111**

*(Don't forget to order your repeat prescriptions before pharmacists close for Christmas Bank Holidays)*

## Mental Health

### Childline

Helpline for children struggling with mental health or abuse.

**0800 1111**

### CRUSE Bereavement Care

For support during a bereavement.

**0808 808 1677**

**[derbyshire@cruse.org.uk](mailto:derbyshire@cruse.org.uk)**

*Monday - Friday: 9.30am - 5pm*

*Tuesday - Thursday: 9.30am - 8pm*

*Weekends: 10am - 2pm*

### Mind

Mind have both an information helpline and a legal helpline to give advice on mental health issues.

**0300 123 3393** information

*Monday - Friday: 9am to 6pm*

**0300 466 6463** legal

*Monday - Friday: 9am - 6pm*

### P3 Mental Health 24/7 Helpline

This service offers a free 24/7 helpline for people in Derbyshire and Derby City who require advice about mental health.

**0800 028 0077**

### Relate Derby and Southern Derbyshire

Telephone counselling service for carers of people with mental health issues, autism and Asperger's.

**0808 178 9363**

*Tuesday & Thursday: 10am - 1pm*

### Samaritans

If you are having a difficult time and need someone to talk to or if you are worried about someone else the Samaritans offer a free helpline.

**116 123**



## General

### Age UK

Advice for older people every day.

**0800 678 1602**

*Every day of the year 8am - 7pm*

### Call Derbyshire (Social Care Support)

Derbyshire County Councils call centre provides you with speedy, direct responses.

**01629 533190**

*Monday - Friday: 8am - 6pm*

*Saturday: 9.30am - 4pm*

### Carers UK Advice Line

**0808 808 7777**

*Monday to Friday, 9am to 6pm*

### Derbyshire Community Response Unit

Derbyshire County Council are coordinating a community response across the county to make sure vulnerable residents are supported through the coronavirus outbreak.

**01629 535091**

*Monday to Friday 9am - 5pm*

*27th Dec closed*

*28th Dec closed*

*3rd Jan closed*

### Domestic abuse help line

Free confidential help and advice

**08000 198 668**

### FRANK

Offer friendly, confidential advice on drug related issues by live chat or phone.

**0300 1236600**

### The Silver Line

24 hour helpline providing information, friendship and advice for to older people.

**0800 4708090**

### Warmer Derby & Derbyshire

If you think you'll struggle to stay warm and afford your energy bills this winter.

**0800 677 1332**

### Food Banks

Rural Action Derbyshire have an alphabetical list of all food banks.

Call **01629 592970** or email:

**[info@ruralactionderbyshire.org.uk](mailto:info@ruralactionderbyshire.org.uk)**

Derbyshire Carers Association would like to take this opportunity to wish you a Merry Christmas and we hope to see you all in the New Year.

