

Mental Health Wellbeing Sessions

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

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

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

Derbyshire Recovery and Peer Support Service can offer you guidance, information, practical support, referrals, signposting or peer support.

Our worker will listen to you, and you can talk through your options together. You can be in control of making positive changes in your life.



**These free sessions are for anyone aged 18+
– just pop in and say hello. For more information,
advice or support please call 01773 734989.**

Mental health support map Derbyshire



Derby & Derbyshire
Emotional Health &
Wellbeing
Transforming Health and Wellbeing for Everyone

This fully interactive
Google My Map
highlights the
pathways and many
support options for
mental health and
wellbeing in the county
of Derbyshire in one
place.



The map has 10 named layers, starting with crisis support, then bereavement support and so on, each layer and individual listing offers a wealth of information, click on each link for more details and directions.

This map is free and can be accessed at **the Derby and Derbyshire Emotional Health and Wellbeing homepage**. It can be shared by email, or embedded on websites. Once opened, the map can be saved to your favourites for future reference.

You can request a link by emailing zuzana.kloudova@rethink.org, scanning the QR code below or calling 07484 001 842.



The map is an ongoing project, it can be easily edited. To have corrections made, and for additions, please email us at zuzana.kloudova@rethink.org.

Derbyshire Recovery & Peer Support Service