

# Guide to mental health help, advice & support in the High Peak

Please keep this somewhere safe – just in case!



We all experience low points at times in our lives, and it's not unusual to feel sad, anxious, stressed, or low in mood. You may be experiencing a mental health crisis for the first time or a deterioration of an existing condition.

**FREE help and advice is on hand locally in the High Peak**

Key to the Services

**ADULTS (18+)** **BOTH** **YOUNG PEOPLE (0-17)**

**High Peak Mental Health Carers**  
*Derbyshire Carers Association*

A monthly peer support group for anyone with a caring role for someone with a mental health diagnosis across T&G. For people aged 18+

☎ 07791219541 ✉ [helencochrane2@gmail.com](mailto:helencochrane2@gmail.com)

**Mental Health Carers Group**  
*Derbyshire Carers Association*

A monthly Virtual Mental Health Carers Group across T&G. For people aged 18+.

✉ [Katie.Matkin@derbyshirecarers.co.uk](mailto:Katie.Matkin@derbyshirecarers.co.uk)

**New Normal, Mindfulness, Anxiety Workshop and Workplace Wellbeing Package**  
*Derbyshire Federation for Mental Health*

These courses and workshops are centred around mental health and wellbeing for individuals within the local and wider community, and all organisations across T&G. For people aged 18+, free with funding

✉ [emmadaniels@dfmh.co.uk](mailto:emmadaniels@dfmh.co.uk)

**Woman's Running Group**  
*Mind, Body & Sole*

18+ Woman only running groups where they are encouraged to chat about problems, situations and life in general

✉ [Mind.body.sole.group@gmail.com](mailto:Mind.body.sole.group@gmail.com)

**Derbyshire Living Well Prototype team**  
*Derbyshire Healthcare NHS Foundation Trust*

A new prototype team based in the High Peak part of the Community Mental Health team for people aged 18+

✉ [timwestwood@dfmh.co.uk](mailto:timwestwood@dfmh.co.uk)

**High Peak Engagement Group**  
*Mental Health Together*

This group was set up in 2017 to provide a forum for people living with a mental health condition and carers to engage with those who provide mental health support services locally. The group is also able to direct their views, ideas, or concerns via MHT to service providers. We meet once every 6 weeks at Buxton Methodist church, although virtually at the moment. For people aged 18+ across the High Peak

✉ [kath.dawson@healthwatchderbyshire.co.uk](mailto:kath.dawson@healthwatchderbyshire.co.uk)

**High Peaks CMHT**  
*Derbyshire Healthcare NHS Foundation Trust*

Community mental health team for people aged 18+.across High Peak (Exc. Glossop)

✉ [clare.vandor@nhs.net](mailto:clare.vandor@nhs.net)

**High Peak Living Well Pilot**  
*Derbyshire Healthcare NHS Foundation Trust*

Part of a National programme aimed at improving mental health for people aged 18+.across High Peak

✉ [clare.vandor@nhs.net](mailto:clare.vandor@nhs.net)

**High Peak Crisis Team**  
*Derbyshire Healthcare NHS Foundation Trust*

Mental Health Crisis Resolution and Home Treatment Team for people aged 18+ across High Peak

✉ [ellie.brett@nhs.net](mailto:ellie.brett@nhs.net)

**Glossop Arts Project**

Arts for Wellbeing sessions are aimed at people with long-term physical and mental health conditions in Glossop and the surrounding area. These sessions are offered three times a week, at different times and locations, during term time only. You have the opportunity to meet new people, try new activities, and learn new skills.

✉ [info@glossopartsproject.org](mailto:info@glossopartsproject.org)

**Project Earth**  
*High Peak Community Arts*

This is an arts and health programme for adults in the High Peak experiencing mental distress. We have two groups each week, New Mills for Glossopdale, New Mills and the 'north' of the borough, and Buxton for the South. There is free transport for those who need it. Everyone works together in projects to make artworks for the community, led by professional artists, supported by a mental health worker and volunteers. Friendly and welcoming, for people aged 18-25

☎ 01663 744516 ✉ [alison@highpeakarts.org](mailto:alison@highpeakarts.org)

**Grapevine Wellbeing Centre**

The Grapevine Wellbeing Centre is a recognised Safe Space for anyone struggling with their wellbeing or who has any mental health condition. We have a Drop-in service Monday to Friday (Changing in July 2021 to a 7 day a week service). The Grapevine also provides a range of activity groups such as mindfulness, art, singing, and workshops on how to help manage different aspects of mental health for people aged 18+ across High Peak

✉ [grapevineana@outlook.com](mailto:grapevineana@outlook.com)

**S.A.I.L (Sexual Abuse and Incest Line)**

Counselling service for those ages 18+ in the High Peak

☎ 01246 559 889 🌐 [sailderbyshire.org.uk](http://sailderbyshire.org.uk)

## Mentell

Peer group support for men aged 18+ via weekly meetings on Monday evening (except Bank Holidays) Meetings would normally be conducted face to face. However, during Covid restrictions support is offered online within virtual meeting rooms)

 [mentell.org.uk](http://mentell.org.uk)

## PC Refurb

Computer refurbishment workshops for people aged 18+ across Tameside & Glossop

 [info@pcrefurb.co.uk](mailto:info@pcrefurb.co.uk)

## Life Skills

### The Bureau

The Life Skills Project delivers support to people who are furthest away from the job market and face complex challenges in their lives, in particular mental ill health. For people ages 18+ (16+ with special additional needs) in the High Peak.

 **01457 865 722**  [ed@the-bureau.org.uk](mailto:ed@the-bureau.org.uk)

 [the-bureau.org.uk](http://the-bureau.org.uk)

## Social Prescribing

### The Bureau



Our aim is to help members of the community to be able to self-manage any number of social, personal and physical wellbeing issues by connecting them to the right services, offering a listening ear and supporting them to set realistic and achievable goals to increase their health and wellbeing. For people ages 18+ in Glossop only.

 **01457 865 722**  [the-bureau.org.uk](http://the-bureau.org.uk)

## Befriending

### The Bureau

Befriending support for people who are isolated and/or who are feeling lonely for people ages 18+ (16+ with special additional needs) in Glossopdale

 **01457 865 722**  [the-bureau.org.uk](http://the-bureau.org.uk)

## SilverCloud

### Pennine Care NHS Foundation Trust

Online digital therapy - can be accessed alone or as a supported offer with a clinician. Also hosts programs such as coping with Covid-19 for people aged 18+, in Tameside and Glossop

 [penninecare.nhs.uk/silvercloud](http://penninecare.nhs.uk/silvercloud)

## Social Prescribing Service

### High Peak CVS



Provides support to people who are dealing with mild/moderate mental health problems to access the right mental health services and other services to help improve their mental health and wellbeing for people aged 18+, excludes Glossop

 **01663 735350**  [mandy@highpeakcvs.org.uk](mailto:mandy@highpeakcvs.org.uk)

## Befriending Service


### New Mills & district Volunteer Centre

Home and telephone befriending for people aged 18+ in the High Peak (excluding Glossop)

 **01663 744196**  [mail@nmvc.org](mailto:mail@nmvc.org)

## Mental Health Open Door


The Mental Health Open Door Service provides a single point of entry for Adult Mental Health Services for individuals over the age of 16. The team offer advice, guidance, signposting and routine triage of non urgent referrals into the mental health system. The service operates Monday - Friday 9am to 5pm.

 **0161 716 4247**

## Minds Matter

### Big Life Group

Provides Guided Self Help, one to one counselling, online workshops, wellbeing chats and community drop ins across T&G to people aged 16+

 **0161 470 6100**

## First Steps ED

Eating Disorders for All Ages, Genders, and Backgrounds providing Hope, Opportunities and Choices that recovery is possible and people are no longer defined by their eating disorder for people aged 5+ across High Peak

 **01332 367571**  [info@firststepsed.co.uk](mailto:info@firststepsed.co.uk)

## Mental Health and Suicide Awareness Project

### Erewash Voluntary Action

To sign post people to the relevant mental health services and to provide support around training and action plans plus policies for mental health for people aged 14+ across High Peak

 [christie@erewashcvs.org.uk](mailto:christie@erewashcvs.org.uk)

## Derbyshire Mental Health Helpline and Support Service

### Derbyshire Healthcare NHS Foundation Trust

A freephone service available to everyone living in Derbyshire - both young people and adults. Open 24 hours a day, seven days a week.

 **0800 028 0077**  [karen.wheeler@nhs.net](mailto:karen.wheeler@nhs.net)

## Changing Faces


### Funny Wonders

Creative afterschool workshops for young people who face daily difficulties/disadvantage and need some respite or would benefit from further support. Tuesdays at The Green Man Gallery until 5pm. Hoping to re-start in September 2021 for people aged 14+ across High Peak (excl. Glossop)

 [hello@funnywonders.org.uk](mailto:hello@funnywonders.org.uk)

## Catholic Church in Longendale

Catholic community for all ages in the High Peak (excluding Glossop)

 **01457 852351**

## Early Intervention with Psychosis (North Derbyshire)

### Derbyshire Healthcare NHS Foundation Trust

We offer intensive support for up to 3 years for people experiencing first episode of psychosis (or previously untreated psychosis) to increase chance of recovery and reduce long term need for mental health services. Provision includes: Nursing, Psychology, Psychiatry, Occupational Therapy, Family and Carer Support for people aged 14+ across High Peak (excl. Glossop)

 **0300 234451**  **dhcft.eiadmin@nhs.net**

## Incredible Edible New Mills

Gardening in community spaces throughout the town with other friendly and accepting volunteers. Outreach Youth Worker available to support vulnerable young people. For all ages across the High Peak

 **incredible.edible.newmills@gmail.com**

## Film Cuts Club

### High Peak Community Arts

Filmmaking club for young people aged 8+ with additional needs. Aimed at supporting social skills and wellbeing, through the medium of team filmmaking across High Peak

 **sophie@highpeakarts.org**

## Social Arts Exchange

### High Peak Community Arts

Social Arts Exchange provides one-to-one creative mentoring for young people aged 8+ who have been especially affected by the pandemic, especially those with additional needs. We work with referral partners, such as schools to identify those most in need of support and we aim to provide a stepping stone and signposting into group activity such as Film Cuts Club across High Peak

 **sophie@highpeakarts.org**

## Tall Tales

### High Peak Community Arts

Tall Tales runs annually from Easter to mid-August providing open access performing arts activity targeted at young people living on economically deprived estates. Activities are designed to build both specific skills and team working, communication and self-esteem. Through working towards a finished result participants build resilience by giving and receiving feedback and learning to negotiate creative differences. The finished results they achieve boost self-confidence and motivation to learn more for people aged 11+ across High Peak

 **sophie@highpeakarts.org**

## Improving Mental Health in High Peak Howard Medical Practice

Mental Health project for all ages in Tameside and Glossop

 **victoria.townley@nhs.net**

## Healthy Minds Tameside & Glossop

### Pennine Care NHS Foundation Trust

Support and Treatment for those who experience common mental health difficulties for example, low mood, depression, stress, worry and anxiety for people aged 16+ across Tameside and Glossop

 **penninecare.nhs.uk/healthymindstameside**

## Tameside, Oldham and Glossop Mind

Mental health support for those ages 11+ across Tameside and Glossop.


 **jenny@togmind.org**  **togmind.org**

## Derbyshire Recovery and Support Service

### Rethink (Lead Providers DFMH P3)

Derbyshire Recovery and Peer Support Service (Rethink lead providers in collaboration with DFMH and P3). Delivers 1-1 targeted support, development of peer groups and facilitators, Wellbeing information, support and signposting hubs and Emotional support line on the number below.

From 18 years and above and covers all of Derbyshire (not Derby City)

 **01773 734989**

## Buxton Community Eco-Café

### The Zink Project

Regular subsidised café, uses surplus food, all welcome as customers or volunteers, includes book exchange, free haircuts and wellbeing activities for all ages.

 **liz@zink.org.uk**

 **zink.org.uk**

## Buxton School of Rock

### The Zink Project

Weekly rock guitar lessons for people affected by poor mental health for ages 14+

 **liz@zink.org.uk**

 **zink.org.uk**

## Improving Access to Psychological Therapy Services IAPTS

This includes a range of different agencies that offer free Talking Therapy to over 16's in Derbyshire. They can help with emotional difficulties such as depression, anxiety, grief, trauma and relationship problems. Self-referrals are accepted or this can be accessed via your GP.

 **www.derbyandderbyshireccg.nhs.uk/your-health-services/information-for-patients/improving-access-to-psychological-therapies-iapt/**




## Health and Wellbeing Team Derbyshire County Council

The Health and Wellbeing Team take the time to get to know a person and build a trusting relationship with them. We help a person identify what a good life looks like to them and walk alongside the person to help them achieve a better life. We help a person identify their strengths and skills and help them become more resilient, connected and involved in their community. For adults and young people.

 [Healthandwellbeing@derbyshire.gov.uk](mailto:Healthandwellbeing@derbyshire.gov.uk)

## Build Sound Minds Action for children

The Service is a comprehensive early intervention service for children and young people aged 0-17 who are experiencing mild to moderate mental health difficulties. Build Sound Minds offers one-to-one support, group work, telephone support and a digital offer. Parents can self-refer to this service.

 **01246 277 422**

 [www.services.actionforchildren.org.uk/derbyshire/build-sound-minds/](http://www.services.actionforchildren.org.uk/derbyshire/build-sound-minds/)

## Urgent Care Team CAMHS

This is a rapid response team that can help if you are worried about serious self-harm or suicidal thoughts which are due to worsening or poor mental health. The Urgent Care Team is available 7 days a week 10am till 10pm. Under 18.

 **07901 330 724**

 [www.camhsnorthderbyshire.nhs.uk/urgent-care](http://www.camhsnorthderbyshire.nhs.uk/urgent-care)

## Child and Adolescent Mental Health Services CAMHS


CAMHS offer assessment and treatment of a range of mental health problems including anxiety, depression, eating disorders, ADHD and psychosis to those under 18 who are experiencing a moderate to severe mental health problem. CAMHS consists of small teams that are highly trained to deal with specific problems. Referrals can be made by any professional that knows your child such as a teacher or GP.

 **01298 72445**

 [www.camhsnorthderbyshire.nhs.uk](http://www.camhsnorthderbyshire.nhs.uk)

## Kooth

Online digital app - mental health support for children and young people

 [Kooth.com](http://Kooth.com)

## High Peak Youth Forum Derbyshire County Council

Young peoples voices in their local community.

 [karen.foster@derbyshire.gov.uk](mailto:karen.foster@derbyshire.gov.uk)

**If you require  
immediate medical  
attention or advice  
please call**

**111**

**or in an  
emergency call**

**999**

*To learn more contact*

**[Nicola.Bruce@derbyshire.gov.uk](mailto:Nicola.Bruce@derbyshire.gov.uk)  
or [info@the-bureau.org.uk](mailto:info@the-bureau.org.uk)**

*This leaflet has been produced by the **High Peak Health and Wellbeing Partnership**. This group brings together health and council workers, voluntary groups and individuals to work to improve the physical and mental health and general wellbeing of people living in High Peak in Derbyshire.*