**Useful help lines**

* Derbyshire Healthcare Mental Health Support Line: 0300 790 0596 Daily 9am – midnight
* Rethink Emotional Support Line: 01773 734989 or 07537410028 Available Mon-Fri 9am -5pm
* Samaritans: 116 123
* No Panic helpline - an automated message for anxiety relief: 01952 680 835
* A new website providing a toolkit for people who might be feeling stressed, anxious or depressed or just want to feel a bit happier  <https://derbyandderbyshireemotionalhealthandwellbeing.uk/>
* Derbyshire County Council Community Response Unit for Shopping/ Prescriptions/ Isolation support: 01629 535091
* Derbyshire discretionary fund, emergency access for financial help: 01629 533399
* Urgent medical or mental health assistance: NHS 111 / 999
* Derbyshire County Council Welfare Rights for support with benefits: 01629 531535
* Derbyshire Recovery Partnership for substance misuse support: 0845 308 4010
* Citizens Advice Bureau: 0300 456 8390
* Derbyshire Carer Support: derbyshirecarers.co.uk  01773 833833