

Mental health support

A Union self-help guide

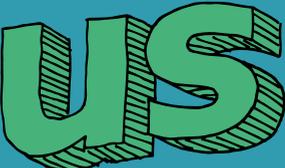
Your Union of Students'
independent advice service

01332 591507

advice@derbyunion.co.uk

derbyunion.co.uk/advice

Talk to
US



During your time at university, you may experience emotional difficulties or face mental health illness. If you have an existing mental health illness which is impacting your experience or studies, or if you're struggling with a circumstance which affects your emotional wellbeing, get in touch with us; your Union advice team.

Whilst we're not counsellors, we're experts at offering practical advice and signposting to external services for emotional support.

Helpful links

Student Wellbeing

The Student Wellbeing Team provides specialist information and guidance to help you look after your wellbeing. They also offer a free counselling service and workshops. They are based at the Student Wellbeing Centre, Ground Floor, T-Block at Kedleston Road.

01332 593000

[*studentwellbeing@derby.ac.uk*](mailto:studentwellbeing@derby.ac.uk)

[*psychologicalwellbeing@derby.ac.uk*](mailto:psychologicalwellbeing@derby.ac.uk)

Term Time Helpline: 01332 592000 (Mon-Fri)

Finance: 10.00am-11.00am & 1.00pm-2.00pm

Disability: 3.00pm-4.00pm

Non-Term Time Helpline: 01332 592000

Finance: 1.00pm-2.00pm

Disability: 3.00pm-4.00pm

Buxton and Chesterfield Students:

01298 330414

[*swsbuxton@derby.ac.uk*](mailto:swsbuxton@derby.ac.uk)

Derby Chaplaincy

There's a Multi-Faith Centre on campus with a team of chaplains and faith consultants to support you.

The chaplaincy offers one to one support and events to students of all faiths, or no faiths, and is open 9.30am-4.00pm at Kedleston Road.

01332 591878

[*sasbuxton@derby.ac.uk*](mailto:sasbuxton@derby.ac.uk)

Buxton Chaplaincy

You'll find the Chaplaincy office at the top of Clarendon House, room CL301. If you'd prefer to make an appointment, please contact us on:

01298 330376

[*chaplains@derby.ac.uk*](mailto:chaplains@derby.ac.uk)

Samaritans

Offering emotional support 24 hours a day.

116 123

[*samaritans.org*](http://samaritans.org)

Derbyshire Mind

Derbyshire Mind offers mental health advocacy and other support services.

01332 345966

[*enquiries@derbyshiremind.org.uk*](mailto:enquiries@derbyshiremind.org.uk)

First Steps

First steps is a charity that exists to raise awareness and give support to anyone affected by eating difficulties and disorders.

This support also includes parents, partners and families and is provided via support groups, telephone, 1-to-1, dramatherapy and complementary therapies.

First Steps also raise awareness in schools and in the community. They're based at Ingham House 16 Agard Street, Derby, DE1 1DZ.

01332 367571

[*info@firststepsderby.co.uk*](mailto:info@firststepsderby.co.uk)

Trent PTS

Trent PTS offers psychological therapies across Derbyshire and Nottinghamshire.

Derbyshire Head Office is based at Woodlands Lodge, 111 Uttoxeter New Road, Derby, DE22 3NL. You can make a self-referral on their website or call:

01332 265659