

How can Community Mental Health Services in Derby City help you?

Mental health services in the Derbyshire community are developing and improving, with a service called Living Well Derbyshire

What is the service?

Derby Wellbeing, part of Living Well Derbyshire, offers you short-term (up to 12 weeks) goal-focused support with your mental health and wellbeing.

Derby Wellbeing teams include people from health, social care and voluntary sector organisations to ensure you can use a wide range of support to help you to keep well within your community. You can talk to your GP about your options and how to be referred into the service.

There are key benefits for....



Patients

The aim is that you won't have to tell your story more than once. This is something we know people find difficult when they are supported by different services.



Carers

The short-term offer can support you by opening up a range of offers in the community. This should increase wellbeing for both you and the person you care for.

If you are currently using a Community Mental Health Team service, there will be no change to your support.



To find out more, visit www.livingwellderbyshire.org.uk