

## Mental Health and Wellbeing Services

Please see a list below of mental health and wellbeing services available for adults. Most are still accepting self-referrals which you can do online or via telephone. Consultations are either by video or telephone.



### WE CAN HELP

For those in need of emotional and psychological support at this difficult and challenging time, Trent PTS is continuing to provide a service for all patients registered with a Derby GP (This service is NHS funded). If you would like psychological support and are aged 16 years or over you can self-refer. Please go to our website to complete a referral and we will be in contact to arrange your first appointment.

As we continue to accept new referrals, we are now offering our services by phone, webcam, using online text-based therapies or through online support packages so as to maintain social distancing.

You can also call the telephone number below, to talk to a member of our team about the services we offer.

[www.trentpts.co.uk](http://www.trentpts.co.uk)

01332 411 260

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NHS One You website - [www.nhs.uk/oneyou](http://www.nhs.uk/oneyou)

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The NHS Every Mind Matters logo. It features the NHS logo in the top right corner. Below it is a yellow cloud shape containing the text 'every mind matters' in blue. Below the cloud is the text 'Now, more than ever' in bold black. At the bottom is the text 'For simple steps to look after your mental wellbeing search Every Mind Matters' in black, with 'Every Mind Matters' in blue.

**NHS**

every mind matters

**Now, more than ever**

For simple steps to look after your mental wellbeing search **Every Mind Matters**

There are also a number of online apps that you can download onto your mobile phone or tablet. Popular ones include:



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The website Qwell is aimed at adult mental health and wellbeing with counsellors online 7 days a week

<https://www.qwell.io/>

A screenshot of the Qwell website homepage. The header includes the Qwell logo, the text "Online counselling and well-being for adults", and operating hours: "Monday - Friday 12pm - 10pm" and "Saturday - Sunday 6pm - 10pm". There is a green dot next to the word "Online" and two orange buttons: "LOGIN" and "IN CRISIS?". The main content area features a woman holding a mug, with the text "Looking for support but unsure who to talk to?" and "We're here to help." Below this is a "JOIN QWELL" button. At the bottom, there is a white box with two speech bubble icons, the text "Need to talk? We're online now to help until 10pm", and a "CHAT TO US NOW" button.

The website Kooth is aimed at children and young people and offers various modes of support for their mental health and wellbeing

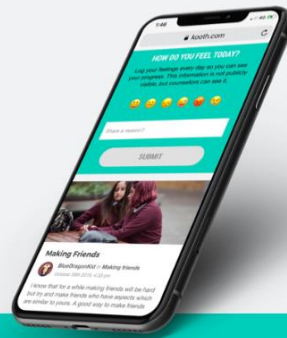
<https://www.kooth.com/>

## Your online mental wellbeing community

Free, safe and anonymous support

► Watch our Kooth video

Join Kooth



### Just some of the things you'll find on Kooth



#### Magazine

Helpful articles, personal experiences and tips from young people and our Kooth team.



#### Discussion Boards

Start or join a conversation with our friendly Kooth community. Lots of topics to choose from!



#### Chat with the team

Chat to our helpful team about anything that's on your mind. Message us or have a live chat.



#### Daily Journal

Write in your own daily journal to track your feelings or emotions and reflect on how you're doing.

