

Talking Mental Health Derbyshire

Group/Organisation Address:	Talking Mental Health Derbyshire, Ilkeston Resource Centre, Ilkeston Community Hospital, Heanor Road, Derby
Email:	dhcft.talking@nhs.net
Website:	www.derbyshirehealthcareft.nhs.uk/services/talking-mental-health-derbyshire-home/contact-talking-mental-health-derbyshire/
Postcode:	DE7 8TL
Telephone Number:	0300 123 0542
Access Times:	
Extra Information:	Talking Mental Health Derbyshire offers a range of therapies for people experiencing common psychological difficulties, such as those feeling anxious, low, or depressed. Our trained psychological therapists use talking therapies, such as counselling and cognitive behavioural therapy, to help people move towards recovery. We deliver these in a range of settings: face to face, telephone, workshops/courses, individual or computer based treatments.
Type of Services:	Mental Health
Type of Condition or Health Subject:	Mental Health Problems
Date Created:	26/10/2017
Review Date:	16/08/2018

