

## Mental Health Groups for Derbyshire

### What's the groups name?

- The Derbyshire Federation For Mental Health

### Where and when do they meet?

- Offices in Matlock and Buxton. Groups meet in various places.

### Who's invited?

- Patients, carers and others. The groups welcome people over the age of 18.

### What does the group do?

- It is an umbrella organisation working on behalf of the local Clinical Commissioning Groups and Derbyshire County Council.
- The Derbyshire Federation for Mental Health is keen to support suitable self help groups that will work with people aged 16 years and upwards, who are living with or recovering from mental ill health.
- Provides tailor made mental health support through the provision of an individual support worker (ISW). This service is available in both Derbyshire Dales and High Peak areas and is accessible to anyone with mental ill health, living or working in these areas.
- Also provides assistance in the setting up and the running of a group, and also assist with support for members where required.

### How do we find out more information?

Contact details: (Main Office)	Derbyshire Federation for Mental Health Unit 7, Lime Tree Business Park Matlock Derbyshire DE4 3EJ
For advice or support telephone:	01629 733915
Website:	<a href="http://www.dfmh.co.uk">www.dfmh.co.uk</a>
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