**Derbyshire Mental Health Helpline and Support Service**

* **Phone**: 0800 028 0077
* **Availability**: 24/7
* **Description**: Provides round-the-clock help and advice from trained professionals for those struggling to cope.

[derbyshirehealthcareft.nhs.uk](https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service?utm_source=chatgpt.com)

**Cruse Bereavement Support**

* **National Helpline**: 0808 808 1677
* **Local Contact**: 01283 533362
* **Email**: Derby@cruse.org.uk
* **Description**: Offers support, advice, and information to children, young people, and adults when someone dies.

[derby.gov.uk](https://www.derby.gov.uk/community-and-living/deaths-funerals-cremations/deaths/bereavement-support-services/?utm_source=chatgpt.com)

**The Laura Centre**

* **Phone**: 0116 2182140
* **Email**: info@thelauracentre.org.uk
* **Description**: Provides confidential bereavement counselling and support services for when a child dies or is bereaved.

[derby.gov.uk](https://www.derby.gov.uk/community-and-living/deaths-funerals-cremations/deaths/bereavement-support-services/?utm_source=chatgpt.com)

**Grief Encounter**

* **Phone**: 0808 802 0111
* **Email**: grieftalk@griefencounter.org.uk
* **Availability**: Monday to Friday, 9am - 9pm
* **Description**: Supports bereaved children and young people, as well as those caring for them.

[derby.gov.uk](https://www.derby.gov.uk/community-and-living/deaths-funerals-cremations/deaths/bereavement-support-services/?utm_source=chatgpt.com)

**Winston's Wish**

* **Helpline**: 08088 020 021
* **Email**: ask@winstonswish.org
* **Crisis Messenger**: Text WW to 85258
* **Description**: Offers support to bereaved children, young people, and their families.

[derby.gov.uk](https://www.derby.gov.uk/community-and-living/deaths-funerals-cremations/deaths/bereavement-support-services/?utm_source=chatgpt.com)

**Derbyshire Bereavement Hub**

* **Website**: [Derbyshire Bereavement Hub](https://derbyshirebereavementhub.co.uk/local-services/)
* **Description**: Provides a list of local services for people in Derbyshire who have been bereaved.

**Samaritans**

* **Phone**: 116 123
* **Availability**: 24/7
* **Description**: Offers a safe place to talk any time you like, in your own way, about whatever's getting to you.

**Derby City Life Links**

* **Website**: [Bereavement Counselling Derby](https://derbycitylifelinks.org.uk/bereavement-counselling-derby/)
* **Description**: Helps individuals find bereavement support throughout Derby.

**Derbyshire Mental Health Support Line**

* **Phone**: 0300 790 0596
* **Availability**: 9am to midnight, seven days a week
* **Description**: Provides out-of-hours mental health support to Derbyshire residents of all ages.

[derby.gov.uk](https://www.derby.gov.uk/health-and-social-care/mental-health-wellbeing-support/support-for-adults/getting-help-in-a-crisis/?utm_source=chatgpt.com)

**Derbyshire Safe Havens**

* **Locations**: Derby and Chesterfield
* **Availability**: Every day from 4:30pm to 12:30am
* **Description**: Accessible by professionals for referrals as well as the public for self-referrals.

[gresleydale.co.uk](https://gresleydale.co.uk/wp-content/uploads/2024/03/Mental-Health-Crisis-Service-Campaign-external.pdf?utm_source=chatgpt.com)

Please ensure to verify the current operating hours and availability of these services, as they may change over time.