

# Contact us

To find out more about the support provided by **Derby City Life Links** and our referral process, contact us on:

T: **0800 0322202**



**For the hearing impaired NGT**  
(dial "18001" then our freefone number)

E: [derbycitylifelinks@richmondfellowship.org.uk](mailto:derbycitylifelinks@richmondfellowship.org.uk)

W: [www.derbycitylifelinks.org.uk](http://www.derbycitylifelinks.org.uk)

A: **Stuart House**  
**Green Lane**  
**St Peter's Quarter**  
**Derby, DE1 1RS**

## About us

**Richmond Fellowship** is a national mental health charity making recovery reality for thousands of people every year. We provide a wide range of services including residential support, supported housing, employment services, community support and crisis support.



Richmond Fellowship is now part of **Recovery Focus**, a group of charities with the shared aim to inspire recovery.



Follow **Richmond Fellowship** at:

W: [www.richmondfellowship.org.uk](http://www.richmondfellowship.org.uk)

F: [/rfmentalhealth](https://www.instagram.com/rfmentalhealth)

T: [@rfmentalhealth](https://www.facebook.com/rfmentalhealth)

If you require this leaflet in a different format contact:  
[communications@richmondfellowship.org.uk](mailto:communications@richmondfellowship.org.uk)

# DERBY CITY LIFE LINKS



## Derby City Peer Support and Recovery Service

**Derby City Life Links, run by Richmond Fellowship, provides personalised, flexible, targeted community based support for people in Derby City living with mental ill health.**

Our service promotes independence and wellbeing as well as specific mental health support, whilst linking people to their local communities.

We provide a welcoming, compassionate and non-judgemental service, tailoring all support to the needs, preferences, strengths and aspirations of each person we work with. Central to our support is the belief that sustainable recovery is possible for everyone.

#### **The service consists of four main elements:**

- Peer support and self-help groups
- Individualised recovery support plans and setting personal goals
- Recovery education
- Bridge building and developing community partnerships

## **Accessing Derby City Life Links**

**Our service is open to everyone aged 18 and over in Derby City living with mental ill health.**

We accept referrals from agencies and self-referrals from individuals through email, Freephone, website, and in person at our **Stuart House** office. All referrals will be contacted within 48 hours, and an initial assessment undertaken within five working days.

**Life Links** has an easily accessible office on Green Lane and also works in community venues around Derby. Visit our website for more details.

## **Face-to-Face**

**We offer a range of face-to-face support, including:**

- Information, advice and navigation services delivered in a number of community locations
- 1:1 sessions focusing on recovery and independence with co-produced support plans
- Working with a range of Therapeutic Tools and interventions
- Group support sessions
- Peer Support Groups



## **Freephone**

Our freephone number ensures free access to the information, advice and support system staffed **Monday-Friday 9am-5pm**. Our trained staff can provide support to navigate the website, explore options for individual needs, and accept referrals to **Derby City Life Links**.

## **Online**

**Our easily accessible website includes:**

- A directory of local resources and self-help groups
- A 24/7 automated Chat Bot to provide information and navigation to available support
- Details of forthcoming events and peer support groups in local areas around Derby
- An easily accessible referral form
- Language options to support Derby's diverse community