

Do I need to book an appointment?

No. The Wellness Hub is a first come first served service. You can book in at the main reception and an Adviser will be notified that there is someone waiting to be seen.

Alternatively, if you have booked in to see a healthcare professional, they may offer you the opportunity to see a member of the Wellness Hub if they feel this may be of help to you.

Don't wait for help, No one should suffer in silence

Emergency Contact Information:

To self-refer to local talking therapy service (IAPT services)

TRENT PTS - 01332 265659

VITA MINDS - 0333 0153 496

DERBYSHIRE MIND

01332 623732

CRISIS TEXT LINE

Text SHOUT to 85258

SAMARITANS

jo@samaritans.org

116 123

"Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity."

(Callahan, 1973)

Who will I see?

Our wellbeing hub provides a non judgemental advice and listening support service, and depending on your circumstances can signpost and refer you to other specialist services.

What we offer:

- Emotional support and listening service
- Support with low level mental health problems
- General wellbeing and lifestyle advice
- Advice and guidance on accessing services in your area
- Support and signposting on weight loss and smoking cessation

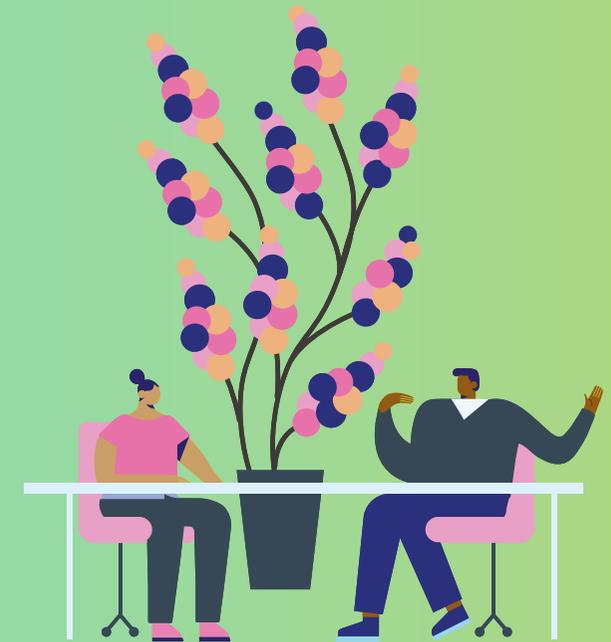
Who is the service for?

The Wellbeing Hub is open to all.

We are currently able to signpost individuals to services in the Derby area, and hope to expand to the surrounding areas in the future. We are not a counselling service. However, we are able to provide a safe space for anyone who just needs time to talk and be listened to. The service is free and confidential. However, if any concerns regarding your safety or the safety of others should become apparent whilst you are here, appropriate action to safeguard welfare will be taken.



Derby Urgent Treatment Centre Wellbeing Hub



**Derby Urgent Treatment Centre
Entrance C, Osmaston Road
Derby DE1 2GD**

Open 8am to 8pm - 7 days a week

Drop in or contact us on

01332 224700

ask to be put through to the
Wellbeing Hub

HOMELESSNESS
DEPRESSION
WORK PRESSURES
CONFLICTED
UNSAFE AT HOME
WORRY
LONELINESS
ISOLATED
FOOD BANK
BEREAVEMENT
ANXIETY
OVERWHELMED
LOST
LOSS OF WORK
STRESS



Wellness Hub

Patient advisor



Gemma



Wellness Hub Mission Statement

The Wellbeing service Hub is here to support and empower our community to address life's challenges and meet their own wellbeing goals. The Patient Advisors work collaboratively with our patients and clinical staff to ensure person-centered, compassionate care is provided to all patients.

FOCUSSED
GROWING CONFIDENCE
CALM
FEELING EMPOWERED
CLARITY

