

## Your Views are Important

We are committed to continuous improvement in all areas of our work. Your views on how we might provide a better service are most welcome.

### Contact:

The Chief Executive  
Derbyshire Probation Trust  
18 Brunswood Road  
Matlock Bath  
Derbyshire  
DE4 3PA

Tel: 01629 55422  
Fax: 01629 580 838

[www.dpsonline.org.uk](http://www.dpsonline.org.uk)

*It may be that you have not kept in contact with the Probation Service because you are experiencing difficulties. We have therefore included a list of agencies, which may be of help to you in addressing any current problems.*

*We know that it is important for people to try to talk through their difficulties as this can start to help to provide a way forward. Some of the agencies may be able to assist you in this process.*

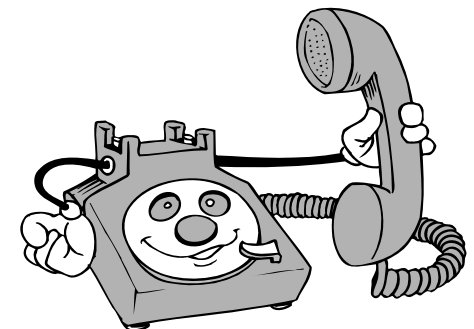


# WHERE TO GET HELP

**"Feeling you can't cope?"**

**"Relationships not working?"**

**"Drugs or alcohol out of control?"**



TYPE OF HELP NEEDED	AGENCY	INFORMATION
Relationship Problem	Relate	Chesterfield (Tel. 01246 231010) Belper (Tel. 01332 349177) Derby (Tel. 01332 349177) Central Office, Herbert Gray College, RUGBY (Tel: 01788 573241)
	Your GP	Where counselling may be available.
General Health/Mental Health	Your GP	Who can offer you help and treatment or refer you to appropriate specialist help.
Drug Problems	Addaction	Derby (Tel. 01332 370400) Swadlincote (Tel. 01283 551489) Ripley (Tel. 01773 744594) Head Office - Beckett Street, Derby, DE1 1HT (Tel. 01332 370400)
	North Derbyshire Alcohol Advisory Service	73 West Bars, Chesterfield (Tel. 01246 277388)
	Narcotics Anonymous	National Helpline (Tel. 02077 300009)
	National Drugs Helpline	National Helpline (Tel. 0800 776600)
	Your GP	For advice and treatment and also counselling may be available.
Alcohol Problems	Addaction	Derby (Tel. 01332 370400) Swadlincote (Tel. 01283 551489) Ripley (Tel. 01773 744594) Head Office - Beckett Street, Derby, DE1 1HT (Tel. 01332 370400)
	North Derbyshire Alcohol Advisory Service	73 West Bars, Chesterfield (Tel. 01246 206514)
	Alcoholics Anonymous	PO Box 514, 11 Redcliffe Gardens, London, SW10 9BQ National Helpline (Tel. 08457 697555)
	Your GP	For advice and treatment and also counselling may be available.
Crisis/Feeling Suicidal	Samaritans	Can help you 24 hours a day – 7 days a week National Helpline (Tel. 08457 909090)
Debt/Benefits/Housing	Citizens Advice Bureau	Derby (Tel. 0870 1264860) Erewash (Tel. 08701 212028) Advice Line (Tel.0845 1202979) High Peak (Tel. 01298 214550) Chesterfield (Tel. 01246 209164) Swadlincote (Tel. 01283 210107)
Housing	Housing Options/Advice	Derby (Tel. 01332 716483) Derbys Dales (Tel. 01629 761311) Amber Valley (Tel. 01773 514068) South Derbys (Tel. 01283 595803) Erewash (Tel. 01159 316008) Chesterfield (Tel. 01246 345177) High Peak (Tel. 0845 1298075) NE Derbys (Tel. 01246 231111)
Domestic Abuse	Derbyshire County Council	Stop Hurting (Tel 08 456 058 058) Right Corecare (Tel 0800 317 517)
	National Domestic Abuse Helpline	National Helpline (Tel 0808 2000 247)
	Young Persons' Helpline	National Helpline (3.30pm-6.30pm Mon, Wed and Fri and 1pm-4pm Sat) (Tel 0800 328 1242)

You may not need to contact any of the above at this time, but please keep this leaflet for future reference