

# Derby City and South Derbyshire Mental Health Carers Forum

<b>Group/Organisation Address:</b>	Derby City & South Derbyshire Mental Health Carers Forum, The Oddfellows Hall, 32 Charnwood Street, Derby
<b>Email:</b>	<a href="mailto:dcandsderbysmhcf@gmail.com">dcandsderbysmhcf@gmail.com</a>
<b>Website:</b>	<a href="http://www.derbycityandsouthderbyshirementalhealthcarersforum.wordpress.com">www.derbycityandsouthderbyshirementalhealthcarersforum.wordpress.com</a>
<b>Postcode:</b>	DE1 2GU
<b>Telephone Number:</b>	<b>07921 162740</b> or <b>07779 107087</b>
<b>Access Times:</b>	When and Where: monthly meetings are held in Derby and offer stress buster groups in the south of the county (including Long Eaton and Ripley). Please see the <a href="#">Carers Directory</a> for further information about group meetings or contact <b>07921 162740</b> or <b>07779 107087</b> .
<b>Extra Information:</b>	We are a self help group of people who care or have cared for a relative, friend or neighbour suffering from any form of mental health illness. we meet monthly to offer support, advice and understanding in a relaxed and friendly atmosphere.
<b>Type of Services:</b>	Self Help
<b>Type of Condition or Health Subject:</b>	Mental Health Problems
<b>Date Created:</b>	01/08/2017
<b>Review Date:</b>	16/08/2018

---