

Self-referral services in Derbyshire

What is self-referral?

Self-referral means that you can contact certain healthcare services directly, without needing to see a doctor first.



What services can I self-refer to?

There are lots of services you can self-refer to. See below information about the self-referral services we tell people about most often.

Other services available in Derbyshire can be found on the Joined Up Care Derbyshire website via the QR code above.

Mental Health & Wellbeing Map

The Derby and Derbyshire Mental Health & Wellbeing Map is a free, interactive map. It shows information about services across Derby and Derbyshire that can help you to stay well.



Live Life Better Derbyshire

A free healthy lifestyle service to help to stop smoking, manage weight, get active and identify health and wellbeing needs.



 0800 085 2299

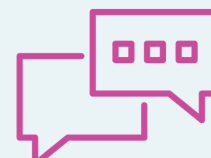


NHS Talking Therapies

Support for everyday mental health problems for people aged 16 years and over.



 03330 417262



Your Sexual Health Matters

Information, clinical services, advice and support including free and confidential STI and HIV testing, free condoms and other contraception.



 Scan Me

 0800 328 3383



Support for carers

Derbyshire All-Age Carers Support Service (DAACSS) provides help, information and advice for unpaid carers across Derbyshire.



 Scan Me

 01773 833833



Chat Health

A text messaging service for information and support from a public health nurse for those aged 11-19, and for parents of 0-19-year-olds.



 Scan Me

 01246 515100



Derbyshire Recovery Partnership

Advice, support and treatment for adults who wish to address issues and problems arising from the use of drugs or alcohol.



 Scan Me

 01246 206514



Pharmacy First

Treatment for the following seven conditions available from your pharmacist: Sinusitis, sore throat, earache, infected insect bite, urinary tract infection, shingles and impetigo.



 Scan Me



NHS Hearing tests

If you are aged 55 and over, you can telephone your choice of provider from the list given in the QR code link and book a free hearing test appointment.



 Scan Me

