



Mental Health & Emotional Support

for **Adults** in County Durham

This is a **great starting point** to help you **access support**

Advice and Self Help

NHS | www.nhs.uk

Stressed, anxious or depressed? Or just want to feel happier your NHS is here to help

NHS Every Mind Matters | www.nhs.uk/oneyou/every-mind-matters

Find expert advice and practical tips to help you look after your mental health and wellbeing

The Recovery College Online | www.recoverycollegeonline.co.uk

Providing a range of online courses and resources

Mind | www.mind.org.uk

Resources from Mind can help find what's right for you and your family

Rethink Mental Illness | www.rethink.org

Offer online support and some local groups

Helplines and Webchats

Shout | www.giveusashout.org

Anxious? Worried? Stressed? Get 24/7 help from our team of Crisis Volunteers. Text 85258

Samaritans | 116 123 | www.samaritans.org

The Samaritans are there to listen. 24 hours a day 365 days a year

SANE | 07984 967 708 | www.sane.org.uk

Sane and the SANEline offers one-to-one support for those times you feel you need it most

Calm: Campaign against living miserably | 0800 58 58 58

Access the helpline to talk and find support. 5pm-Midnight 365 days a year

www.thecalmzone.net

TEWV Crisis line | 0800 0516 171 | www.tewv.nhs.uk

24 hour service for young people experiencing a mental health crisis

Remember **GPs** are **available to help**.

You are **not alone**, we can get through this **together**.

Connecting to Local Services

Wellbeing for life | www.wellbeingforlife.net | 0800 876 6887

Helping you find what's around you and how to make the most of it. Call free for expert advice

ManHealth | 01388 320023 | www.manhealth.org.uk

Offering advice, peer workshops and a place to talk

Talking Changes | 0191 333 3300 | www.talkingchanges.org.uk

A self-help, counselling and talking therapies service designed to help anyone with common mental health problems

Time to Change Hub | www.time-to-change.org.uk

A local social movement aiming to change the way people think and act about mental health

Durham Locate | www.durhamlocate.org.uk

Durham County Council | www.durham.gov.uk

Helping you find support locally

Accessing Specialist Services

NHS | 111 | www.nhs.uk/service-search/mental-health

Answer questions about your mental health and find you support locally

County Durham Together Hub | 03000 260 260 | www.durham.gov.uk

Help when self-isolating/how to volunteer

Community Floating Support Teams | 03000 269 071

Offering services for people with mental health issues who do not have a social worker or care coordinator to access support

www.durham.gov.uk/cfs

Crisis Resolution and Intensive Home Treatment Team

Providing specialist treatments and assessment's with a range of professionals 24/7

03000 200 317 | www.tewv.nhs.uk



County Durham

Clinical Commissioning Group

Tees, Esk and Wear Valleys

NHS Foundation Trust



**County Durham
Care Partnership** 

