



# 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](http://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](http://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](http://www.recoverycollegeonline.co.uk)**

Providing a range of online courses and resources

**Mind | [www.mind.org.uk](http://www.mind.org.uk)**

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

**Rethink Mental Illness | [www.rethink.org](http://www.rethink.org)**

Offer online support and some local groups

## Helplines and Webchats

**Shout | [www.giveusashout.org](http://www.giveusashout.org)**

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

**Samaritans | 116 123 | [www.samaritans.org](http://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](http://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](http://www.thecalmzone.net)**

**TEWV Crisis line | 0800 0516 171 | [www.tewv.nhs.uk](http://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](http://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](http://www.manhealth.org.uk)**

Offering advice, peer workshops and a place to talk

**Talking Changes | 0191 333 3300 | [www.talkingchanges.org.uk](http://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](http://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](http://www.durhamlocate.org.uk)**

**Durham County Council | [www.durham.gov.uk](http://www.durham.gov.uk)**

Helping you find support locally

## Accessing Specialist Services

**NHS | 111 | [www.nhs.uk/service-search/mental-health](http://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](http://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](http://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

**0800 0516 171 | [www.tewv.nhs.uk](http://www.tewv.nhs.uk)**



**County Durham**

Clinical Commissioning Group

**Tees, Esk and Wear Valleys**

NHS Foundation Trust



**County Durham  
Care Partnership** 

