

Finding financial help and support



If you are having trouble managing your money, with rent arrears or dealing with debt, you should get help as soon as possible.

Welfare Advice

You can get free and impartial advice and support from Durham County Council, call **03000 260 000** or email us at help@durham.gov.uk.

Citizens Advice County Durham

Citizens Advice County Durham are a local charity who provide debt and other advice to thousands of people every year. Their services are free, confidential and impartial, so if you are struggling with your Council Tax bill, or any other debts, they can provide guidance, money advice and debt solutions.

www.citizensadvicecd.org.uk

Tel: **0300 323 2000** Monday to Friday 9am to 4pm

The council has information on other organisations who can offer you help and support on how to manage debt:
www.durham.gov.uk/debtadvice
www.durhamlocate.org.uk



Please see overleaf

Worried about someone's Mental Health?

Many of us are struggling to maintain our mental wellbeing during the coronavirus pandemic, but support is available.

Asking for help and talking about your feelings can be difficult. Try talking to your friends and family about how you are feeling, being listened to can help you feel supported and less alone. We all need extra help at one time or another, if you need it now, here's how to get help.

NHS
Tees, Esk and Wear Valleys
NHS Foundation Trust

Crisis line

Advice on what to do in a mental health crisis is available on the TEWV website, www.tewv.nhs.uk/crisisadvice or call **0800 0516 171** for professional mental health support when you need it most.

Talking Changes

A self-help service designed to help anyone living in County Durham to deal with common mental health problems.

www.talkingchanges.org.uk

Tel: **0191 333 3300** between **9am to 5pm**

Mental Health for young people

If you are worried about the mental health of a young person up to the age of 18 who is experiencing a mental health problem, including ADHD call TEWV on **0300 123 9296**.

Find details of more organisations who offer support:
www.durham.gov.uk/mentalhealth
www.durhamlocate.org.uk



Please see overleaf