



Mental Health & Emotional Support

for **Adults** in County Durham

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

Local services:

Durham Mental Wellbeing Alliance | 0300 304 5527

The Alliance brings together organisations from across the county to offer mental health, wellbeing and recovery services

durhammentalwellbeingalliance.org/

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.

Durham and Darlington Talking Therapies | 0191 333 3300

www.talkingchanges.org.uk

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

ManHealth | info@manhealth.org.uk | www.manhealth.org.uk

Providing free peer support groups, offer WebChat and Connect service via the website.

CRUSE | 01642 210 284 | www.cruse.org.uk

Advice, information and support to anyone who has been bereaved.

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

Providing a range of online courses and resources.

Durham Locate | www.durhamlocate.org.uk

Durham County Council | www.durham.gov.uk

A directory where you can search for all kinds of local support.

Specialist local services:

TEWV Crisis Resolution and Intensive Home Treatment Team

0800 0516 171

<https://www.tewv.nhs.uk/services/crisis-resolution-intensive-home-treatment/>

Provide specialist assessment for people aged 16yrs and older who need urgent mental health care.

If U Care Share | 0191 3875661 | <https://www.ifucareshare.co.uk/>

Offer a range of services aimed at prevention of suicides, intervention and supporting those bereaved by suicide. Text IUCS to 85258 for a free and confidential chat.

National services:

NHS Mental Health Services

www.nhs.uk/service-search/mental-health

Find out how to access NHS mental health services and where to get urgent help.

NHS Better Health. 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.

Samaritans | 116 123 | www.samaritans.org

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

Mind | www.mind.org.uk

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

Rethink Mental Illness | www.rethink.org

Offers online support, understanding your rights, information on local Rethink support groups.

Qwell | www.qwell.io

Offers free, safe and anonymous mental wellbeing support for adults across the

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

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

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

Shout | www.giveusashout.org | Text 85258

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



North East and
North Cumbria

Tees, Esk and Wear Valleys

NHS Foundation Trust



County Durham
Care Partnership

