



Mental Health & Emotional Support

for **Adults** in County Durham

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

Accessing and connecting with local services:

Durham Locate | www.durhamlocate.org.uk
Durham County Council | www.durham.gov.uk
Helping you find support locally

Durham Mental Wellbeing Alliance | **0300 304 5527**

The Mental Health Alliance is a new collaborative approach providing a range of support services for people who are experiencing mental health issues

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

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

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

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

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

CRUSE | **01642 210 284**

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

Accessing Specialist Local Service:

TEWV Crisis Resolution and Intensive Home Treatment Team

<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.

Accessing Specialist 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 family

Rethink Mental Illness | www.rethink.org

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

Owell | www.qwell.io

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

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.



County Durham

Clinical Commissioning Group

Tees, Esk and Wear Valleys

NHS Foundation Trust



County Durham
Care Partnership



Durham
County Council

