



# 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*

### 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

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

[www.samaritans.org](http://www.samaritans.org)

### SANE | 07984 967 708

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

[www.sane.org.uk](http://www.sane.org.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](http://www.thecalmzone.net)

### TEWV Crisis Line

*24 hour service for people experiencing a mental health crisis*

**0800 0516171**

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

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

## Connecting to local support

**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.111nhs.uk/supportlocally](http://www.111nhs.uk/supportlocally)**

*Answer questions about your mental health and find you support locally*

**County Durham Together Hub | 03000 260 260**

*Help when self-isolating/how to volunteer*

[www.durham.gov.uk](http://www.durham.gov.uk)

**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*

**03000 200 317 | [www.tevv.nhs.uk](http://www.tevv.nhs.uk)**



**County Durham  
Clinical Commissioning Group**

**Tees, Esk and Wear Valleys**

**NHS Foundation Trust**



**County Durham  
Care Partnership**

