



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

Stressed, anxious or depressed? Or just want to feel happier your NHS is here to help.



Every Mind Matters

Find expert advice and practical tips to help you look after your mental health and wellbeing.



The Recovery College Online

Providing a range of online courses and resources



Mind

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



Rethink Mental Illness

Offer online support and some local groups.



Helplines and Webchats



Shout

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



Samaritans

The Samaritans are there to listen



116 123 24 hours a day 365 days a year



SANE

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



07984 967 708



Calm: Campaign against living miserably

Access the helpline to talk and find support.



0800 58 58 58 365 days a year 5pm-Midnight



If you are looking for more specific help

NHS Mental Health

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

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

Connecting to local support



Wellbeing for life

Helping you find what's around you and how to make the most of it.



0800 876 6887

Call free for expert advice



ManHealth

Offering advice, peer workshops and a place to talk.



01388 320023



Talking Changes

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



0191 333 3300



Time to Change Hub

A local social movement aiming to change the way people think and act about mental health.



Durham Locate



Durham County Council

Helping you to find support locally.

Accessing specialist Services



NHS 111

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



County Durham Together hub

Help when self-isolating/how to volunteer.



03000 260 260



Community Floating Support Teams

Offering services for people with mental health issues who do not have a social worker or care coordinator to access support.



03000 269 071



Crisis Resolution and Intensive Home Treatment Team

Providing specialist treatments and assessments from with a range of professionals 24/7.



03000 200 317