

Self help, counselling and talking therapies service.

talking changes

☎ 0191 333 3300
Monday - Friday 9am - 5pm
talkingchanges.org.uk

700 Club

Charity supporting individuals, families and couples who are homeless or at risk of becoming homeless
☎ 01325 366397
700club.org.uk
Monday - Friday 9am - 4.30pm

ADULTS

Support around alcohol and substance misuse.
wearewithyou.org.uk
Monday - Friday 9am - 5pm
Tel: 01325 809810 Email referrals to: withyou.darlington@nhs.net

we are withyou

Free, confidential advice on money, legal, housing and welfare. ☎ 01325 266888
darlingtoncab.co.uk Monday - Friday 10am - 4pm (Wednesday 6pm)

citizens advice

TALK TO US
If things are getting to you

24/7

☎ **116 123** FREE
This number is FREE from landline and mobile

✉ jo@samaritans.org
samaritans.org

SAMARITANS

Call on us...
in a mental health emergency.



NHS
Tees, Esk and Wear Valleys
Mental Health Foundation Trust

☎ 0800 0516 171
- Crisis Line

The phonenumber is open 24 hours a day, seven days a week and offers callers a series of options which will divert them to the appropriate local service.

mind
for better mental health.
Darlington

Support for families, parents and young people
☎ 01325 283169
darlingtonmind.com
Monday - Friday 9am-5pm
contactus@darlingtonmind.com

How are you?

If you are struggling to cope or feeling overwhelmed there are plenty of services there to help you.
Talk to someone about how you are feeling.
Its OK to ask for help

MANHEALTH

Helping men manage their mental health.
☎ 01388 320023 manhealth.org.uk

Qwell

Qwell is available for adults aged 18+ across County Durham and Tees Valley. People can sign up at Qwell.io and have access to self-help tools, an online magazine, online forums and access to professional support with Qwell's team of counsellors and emotional wellbeing practitioners via live chat. Qwell.io
12pm - 10pm Monday - Friday.
6pm - 10pm Weekends

DOMESTIC VIOLENCE

Family Help

familyhelp.org.uk
Monday - Friday 9am-5pm
☎ 01325 364486

harbour
making for safe communities

myharbour.org.uk
☎ 03000 20 25 25 (24 hours)
info@myharbour.org.uk

CHILDREN AND YOUNG PEOPLE

The Listening Post

Advice and support for young people and families. ☎ 07717 336 183
Monday - Friday 10 - 12 dacym.co.uk
dacym@dacym.co.uk

kooth

Online counselling for children and young people aged 11-18
kooth.com

WORRIED...talk to someone
you trust family member, friend,
mental health lead or SENDCo

YMCA

Supporting young people to live well and thrive 24/7

☎ 01325462452
teesvalleyymca.org.uk
admin@ymcateesvalley.org.uk

BEREAVEMENT

Expert advice and practical tips on how to support your mental health and wellbeing - search online for **Every Mind Matters**

every mind matters

For more information about services:

☎ 01325 254321
enquiries@darlingtonhospice.org.uk
darlingtonhospice.org.uk

St Teresa's Hospice
Giving to life

mind
for better mental health.
Darlington

Mind Darlington
Counselling
☎ 07372 888084

counselling@darlingtonmind.com

Cruse Bereavement Care

Somewhere to turn when someone dies

☎ 01325 288633
crusenortheast.org.uk
Monday - Thursday 9am - 4.30pm
Friday: 9am - 3.30pm

In an **emergency** call **999**. For medical advice call **111** or search **111 online**
All information correct as of May 2022. Developed by Darlington Borough Council Public Health Team.

NHS

DARLINGTON
Borough Council