



# 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**