

**talking changes**

Self help, counselling and talking therapies service.  
☎ 0191 333 3300  
Monday - Friday 9am – 5pm  
talkingchanges.org.uk

## ADULTS

**700Club**

Charity supporting individuals, families and couples who are homeless or at risk of becoming homeless  
☎ 01325 366397  
700club.org.uk  
Monday – Friday  
8.30am - 4.30pm

Focused on helping people achieve good mental health and wellbeing.

☎ 07572 888084  
Monday – Friday  
1.30 – 4.30pm  
crew@darlingtonmind.com



**MANHEALTH**

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

Support around alcohol and substance misuse.  
wearewithyou.org.uk Tel: 01325 809810  
Email referrals to: withyou.darlington@nhs.net

**we are withyou**

Free, confidential advice on money, legal, housing and welfare. ☎ 0300 330 1195  
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 to call round the clock  
✉ jo@samaritans.org  
🌐 samaritans.org

**SAMARITANS**

**Mental health crisis line**

☎ 0800 0516171

24 hours a day  
Seven days a week

For children, young people, adults and older people

☎ 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.



Support for families, parents and young people  
☎ 07572 888084  
darlingtonmind.com  
Monday – Friday  
9am-5pm

## CHILDREN AND YOUNG PEOPLE



Advice and support for young people and families  
☎ 07847 933799  
Monday – Friday 10 -12  
listeningpost@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 ☎ 01325 462452  
teesvalleyymca.org.uk

WORRIED? NEED TO TALK?  
Call Childline on 0800 1111



## 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

## DOMESTIC VIOLENCE



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



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

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



Somewhere to turn when someone dies  
☎ 01325 288633  
crusenortheast.org.uk  
Monday – Thursday:  
9am – 4.30pm  
Friday: 9am – 3.30pm

## BEREAVEMENT

For more information about services:

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



Loss and Bereavement Helpline and Counselling service

☎ 07377 910227  
supportline@darlingtonmind.com

In an **emergency** call **999**. For medical advice call **111** or search **111 online**

All information correct as of Oct 2020. Developed by Darlington Borough Council Public Health Team.

