



here
to **help**

www.sjogheretohelp.uk



24/7 Crisis Services

Telephone / text numbers

Emergency Services
999

Tees, Esk and Wear Valley Crisis
0800 0516 171

Samaritans
116 123

Shout
Text 'Shout' to **85258**

Papyrus Hopeline
0800 068 4141 / Text: 88247