

Local Mental Health Support

If you are in crisis now please call 111 and select Option 2 (Mental Health) or for immediate danger please call 999.

It can be difficult to know what mental health support is available in your area. This guide is designed to show you what support is available in each area of the Tees Valley.

Darlington:

Adults:

If you think you would benefit from talking therapies (where you discuss how you are feeling with a counsellor), you can self-refer to [Contact Us - Durham and Darlington Talking Therapies](#). Your GP can also refer you. This service is free.

There is a 24/7 listening service available for all residents 18+ in Darlington which provides emotional support. It is free to phone this service and the number is [0800 046 1313](#).

There are free web resources and e-learning resources available at: [Recovery College Online](#)

There are taster sessions, online and in Darlington, of mindfulness interventions. You can find out more information here: [Mindfulness based cognitive therapy for adults in County Durham and Darlington, Teesside and most of North Yorkshire, York and Selby - Tees Esk and Wear Valley NHS Foundation Trust \(tevv.nhs.uk\)](#)

Darlington Mind offer counselling, for more information about costs and availability phone: 07572 888084 or email counselling@darlingtonmind.com

Darlington Mind also offer a support group for people with lived experience of mental health which meets monthly. More information can be found at: [Support Group | Services & Support | Darlington Mind](#)

The Here to Help 'resources', which include but are not limited to, website, information sheets, and in person workshops are intended to provide general information only. The 'resources' provided by 'Here to Help' do not replace, or supersede, professional and/or medical advice. Users should take professional advice before taking action which contradicts previous medical guidance. So far as permissible by law, SJOG does not accept any liability related to individual's use or interpretation of the 'resources' provided.

Whilst we have selected some resources from other organisations which we believe will be helpful, we accept no liability for the content of these resources.'

Although SJOG have taken all reasonable precautions to ensure that the 'resources' provided are accurate, neither SJOG or any of its employees, can be held responsible for the direct or indirect actions taken by users following engagement with Here to Help 'resources'.

Darlington Association on Disability can provide support through Independent Mental Health Advocacy: [Darlington Association on Disability :: Independent Mental Health Advocacy \(IMHA\) \(darlingtondisability.org\)](http://darlingtondisability.org)

Under 18s

You can make a referral for a person under 18 to CAMHS using this link: [Community mental health service in South Durham for children and young people - Tees Esk and Wear Valley NHS Foundation Trust \(tewv.nhs.uk\)](http://tewv.nhs.uk)

Darlington Mind provide free counselling and workshops for under 18s. More information can be found at: [Young People's Counselling and Mental Health Support | Services & Support | Darlington Mind](#)

Information about mental health support available in schools and colleges in Darlington is available at: [Welcome to the Mental Health Support Team \(MHST\) Darlington | Healthwatch Darlington](#)

Hartlepool:

Adults:

If you think you would benefit from talking therapies (where you discuss how you are feeling with a counsellor), you can self-refer to [Contact Us \(impactonteesside.com\)](http://impactonteesside.com) Your GP can also refer you. This service is provided is free.

There is a 24/7 listening service available for all residents 18+ in Hartlepool which provides emotional support. It is free to phone this service and the number is [0800 046 1313](tel:08000461313).

There are free web resources and e-learning resources available at: [Recovery College Online](#)

Let's Connect provide support for Hartlepool residents on mental health: [Let's Connect - Contact \(hartlepoolmind.co.uk\)](http://hartlepoolmind.co.uk)

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Lillyanne's Wellbeing Café provide a range of mental health services including counselling and peer-support groups. [Get Help | LilyAnne's Wellbeing | Hartlepool Mental Health \(lilyannes.co.uk\)](http://lilyannes.co.uk)

Cruse provide bereavement support to anyone 18+ who has been bereaved as a result of suicide or drug/alcohol related deaths. [Hartlepool Now :: Hartlepool Community Support Hub / Support Finder / Cruse Bereavement Support](#)

Citizen's Advice Hartlepool offer a Mental Health Advocacy service. More information available at: [Mental Health Advice and Advocacy Service \(citizensadvicehartlepool.org.uk\)](http://citizensadvicehartlepool.org.uk)

Under 18s:

Phoning [0800 0516 171](tel:08000516171) will get you through to the local CAMHS crisis team, where you can get support for your mental health. This service is available 24/7 and is designed for emergency support.

You can phone [0300 013 2000](tel:03000132000) which gets you through to a Tees, Esk and Wear Valley mental health nurse. For Hartlepool, you need to select Option 4. This phone number is available 9-5 Monday to Friday and provides non-emergency support. This service can be used by young people and people who are concerned about young people.

Haven offer free and confidential counselling, information advice and guidance to 11-25 year olds in Hartlepool: <https://havenhartlepool.org/>

Redcar and Cleveland:

Adults:

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There is a 24/7 listening service available for all residents 18+ in Redcar which provides emotional support. It is free to phone this service and the number is [0800 046 1313](tel:08000461313).

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There are free web resources and e-learning resources available at: [Recovery College Online](#)

Teesside Mind provide a range of support from advocacy to supported self-help [Our services \(teessidemind.org.uk\)](#)

Under 18s:

You can phone [0300 013 2000](#) which gets you through to a Tees, Esk and Wear Valley mental health nurse. For Redcar you need to select Option 3. This phone number is available 9-5 Monday to Friday and provides non-emergency support . This service can be used by young people and people who are concerned about young people.

Teesside Mind can provide support to young people and their parents/carers. They accept referrals from GPs and self-referrals: [Children, Young People & Families \(teessidemind.org.uk\)](#)

The Inside Out service provide mental health support for young people within school in the Redcar and Cleveland region: [Home | Insideoutmhst](#)

Stockton:

Adults:

If you think you would benefit from talking therapies (where you discuss how you are feeling with a counsellor), you can self-refer to [Contact Us \(impactonteesside.com\)](#) Your GP can also refer you. This service is provided is free.

There is a 24/7 listening service available for all residents 18+ in Redcar which provides emotional support. It is free to phone this service and the number is [0800 046 1313](#).

There are free web resources and e-learning resources available at: [Recovery College Online](#)

Teesside Mind provide one-to-one, group support and resources to individuals who live in Redcar and Cleveland. More information can be found here: [Redcar & Cleveland Wellbeing Service \(teessidemind.org.uk\)](#)

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The Wellbeing Hub in Wellington Square is a great place to find out more information about what is on offer in the area with regards to mental health: [Stockton Wellbeing Hub](#)

Under 18s:

Teesside Mind can provide support to young people and their parents/carers. They accept referrals from GPs and self-referrals: [Children, Young People & Families \(teessidemind.org.uk\)](#)

You can phone [0300 013 2000](#) which gets you through to a Tees, Esk and Wear Valley mental health nurse. For Stockton you need to select Option 5. This phone number is available 9-5 Monday to Friday and provides non-emergency support. . This service can be used by young people and people who are concerned about young people.

The Wellbeing Hub in Wellington Square is a great place to find out more information about what is on offer in the area with regards to mental health: [Stockton Wellbeing Hub](#)

Middlesbrough:

If you think you would benefit from talking therapies (where you discuss how you are feeling with a counsellor), you can self-refer to [Contact Us \(impactonteesside.com\)](#) Your GP can also refer you. This service is provided is free.

There is a 24/7 listening service available for all residents 18+ in Redcar which provides emotional support. It is free to phone this service and the number is [0800 046 1313](#).

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Cruse provide bereavement support to anyone 18+ who has been bereaved as a result of suicide or drug/alcohol related deaths. [Cruse Bereavement Care | Middlesbrough](#)

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You can phone [0300 013 2000](tel:03000132000) which gets you through to a Tees, Esk and Wear Valley mental health nurse. For Middlesbrough you need to select Option 2. This phone number is available 9-5 Monday to Friday and provides non-emergency support. This service can be used by young people and people who are concerned about young people.

The Inside Out service provide mental health support for young people within school in the Middlesbrough region: [Home | Insideoutmhst](#)

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