

**Resources and useful contact numbers:**

**Samaritans - Call FREE 116 123 – anytime day or night**

Email – [jo@samaritans.org](mailto:jo@samaritans.org) – response time 24 hours

FREE App available to download from: [www.samaritans.org](http://www.samaritans.org)

Local Newcastle office: 0330 094 5717 (local charges apply)

**The Road Centre – contact details above.** Individual one to one counselling available online or via telephone. Appointments available within 48 hours of contact.

**Diocesan Listening Services: Cathedral Listening Service – 0191 2326953**

**Northumberland Listening Service - 07732980740**

**MIND – [mind.org.uk](http://mind.org.uk) Telephone: 0300 123 3393 (telephone support line)**

Good, detailed website on various mental health illnesses.

Get help now button for people who need urgent help or if you are worried about someone else.

Information hub online about coronavirus support and mental health

- Darlington Mind – 01325 283169 or email: [contactus@darlingtonmind.com](mailto:contactus@darlingtonmind.com)
- Derwentside Mind – 01207 591705 or email: [helpdesk@derwentsidemind.co.uk](mailto:helpdesk@derwentsidemind.co.uk)
- Hartlepool or East Durham Mind – 01429 269303 or email: [info@hartlepoolmind.co.uk](mailto:info@hartlepoolmind.co.uk)
- Middlesbrough & Stockton Mind – 01642 257020 or email: [middlesbroughandstocktonmind.org.uk](http://middlesbroughandstocktonmind.org.uk)
- Tyneside Mind – 0191 4774545 or email: [admin@tynesidemind.org.uk](mailto:admin@tynesidemind.org.uk)
- Washington Mind – 0191 4178043 or email: [info@washingtonmind.org.uk](mailto:info@washingtonmind.org.uk)

**Young Minds – [youngminds.org.uk](http://youngminds.org.uk)**

Children and Young People mental health charity. Helpful website with resources.

Parents helpline: 0808 8025544 (Monday to Friday 9.30 am – 4pm free for mobile and landlines)

**NIWE – East Distress Service based in Newcastle**

[www.niwe.org.uk](http://www.niwe.org.uk) Telephone: 0191 2210333 email: [enquiries@niwe.org.uk](mailto:enquiries@niwe.org.uk)

Helps people in the North East whose lives are affected by eating distress or eating disorders. All services limited due to pandemic, however helpful website.

**Beat – the UK's eating disorder charity – [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)**

Helpful website with resources available to download

Information on supporting someone with an eating disorder, recovery, types of eating disorders etc

**Obsessive Compulsive Disorder – OCD-UK – [www.ocduk.org](http://www.ocduk.org)**

Information about OCD, overcoming OCD, types of OCD

Telephone: 03332 127890 email: [support@ocduk.org](mailto:support@ocduk.org)

**Child Bereavement UK – [www.childbereavementuk.org](http://www.childbereavementuk.org)**

Supporting bereaved children and young people. Support services, guidance films and information to support families and schools. Focuses on children and young people up to age 25 years. Helping families and parents to rebuild their lives when a child grieves or when a child dies.

**WAY – widowed and young – Bereavement Support UK – [widowedandyoung.org.uk](http://widowedandyoung.org.uk)**

Offer support, friendship and understanding for anyone who's lost a partner before their 51<sup>st</sup> birthday married or not, with or without children, whatever their sexual orientation. Local support networks available.

Excellent website which gives information on bereavement, the first few weeks, talking to children etc.

Offering support during the coronavirus crisis

**Bereavement UK – [www.bereavement.co.uk](http://www.bereavement.co.uk)** A hub for bereavement support and information worldwide.

Complimentary ebook available on Living with Bereavement. Most contact available via social media or email: [support@bereavement.co.uk](mailto:support@bereavement.co.uk)

**Cruse Bereavement Care – [www.cruse.org.uk](http://www.cruse.org.uk) Email: [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk)**

Free helpline 0808 8081677 available Monday – Friday 9.30 – 5.00 pm (excluding bank holidays) with extended hours on Tuesday, Wednesday and Thursday until 8.00 pm

Local services:

- Tees Valley and Durham – all support services provided via telephone, email or internet due to current pandemic.
- Darlington and Durham – 01325 288633 Email: [teesvalley@cruse.org.uk](mailto:teesvalley@cruse.org.uk)
- Tyneside – 0191 276 5533 Email: [tyneside@cruse.org.uk](mailto:tyneside@cruse.org.uk)

**Anxiety UK – [anxietyuk.org.uk](http://anxietyuk.org.uk)**

Telephone helpline: 03444 775774 open Mon – Fri 9.30 am until 5.30 pm (extended during pandemic)

Coronavirus support available.

**Man Health – [manhealth.org.uk](http://manhealth.org.uk)**

Telephone: 01388 320023 Email: [info@manhealth.org.uk](mailto:info@manhealth.org.uk)

A local organisation who encourage men to talk about their mental health issues. Usually run support groups in the Durham and the North East, these are taking place online. Useful website.

**NHS – Every Mind Matters – Advice Hub**

[www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)

Latest advice about coronavirus

**Kooth – [www.kooth.com](http://www.kooth.com)**

A free, safe and anonymous online support for young people.