**Mental health help & support services**

If you are experiencing mental health problems or need urgent support, there are lots of places you can go to for help.

**Some local organisations are listed here:**

**Stockton MIND**

**Telephone: 01642 218361**

**Email hello@Middlesbroughandstocktonmind.org.uk**

**Web: http://www.middlesbroughandstocktonmind.org.uk**

**Alliance**

**Telephone: 01642 352747 option 1**

**Email: info@alliancepsychology.com**

**Web: www.alliancepsychology.com**

**Insight**

**Telephone: 0300 555 0555**

**Email: tees@insighthealthcare.org**

**Web: http://www.insighthealthcare.org**

**Starfish**

**Telephone: 01642 672987**

**Email: info@ewiss.co.uk**

**Web: http://www.starfishhealthandwellbeing.co.uk/**

**Samaritans**

Telephone: 116 123 (24 hours a day, free to call)

Website: www.samaritans.org

Provides confidential, non-judgmental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or in most cases talk to someone face to face.

**Mind Infoline**

Telephone: 0300 123 3393 (9am-5pm Monday to Friday)

Email: info@mind.org.uk

Web site: www.mind.org.uk/help/advice\_lines

Mind provides confidential mental health information services.

With support and understanding, Mind enables people to make informed choices. The Infoline gives information on types of mental distress, where to get help, drug treatments, alternative therapies and advocacy.

**Rethink Mental Illness Advice Line**

Telephone: 0300 5000 927 (10am-2pm Monday to Friday)

Email: info@rethink.org

Website: http://www.rethink.org/about-us/our-mental-health-advice

Provides expert advice and information to people with mental health problems and those who care for them, as well as giving help to health professionals, employers and staff. Rethink also runs Rethink services and groups across England and Northern Ireland.

**Saneline**

Telephone: 0845 767 8000 (6pm-11pm)

Website: www.sane.org.uk/what\_we\_do/support/helpline

Saneline is a national mental health helpline providing information and support to people with mental health problems and those who support them.

**ChildLine**

Telephone: 0800 1111

Email: http://www.childline.org.uk/Talk/Pages/Email.aspx

Website: www.childline.org.uk

ChildLine is a private and confidential service for children and young people up to the age of nineteen. You can contact a ChildLine counsellor for free about anything - no problem is too big or too small.

If you're a carer needing support you can contact all of the above as well as Carers Direct and the Princess Royal Trust for Carers, both of whom are able to provide support and advice on any issues affecting you.