



Looking after your mental health

Asking for help and talking about your feelings can be difficult, but is an important part of keeping mentally well. We all need extra help at one time or another. If you need it now, use these links to find out more:

www.durham.gov.uk/mentalhealth www.durhamlocate.org.uk

Talking Changes A self-help service designed to help anyone living in County Durham deal with common mental health problems.

www.talkingchanges.org.uk Tel: 0191 333 3300 between 9am and 5pm

Wellbeing for Life A free service that can help support and improve your mental health and wellbeing.

www.wellbeingforlife.net Tel: 0800 876 6887

The Samaritans Available 24 hours a day, they can be an invaluable point of contact in the small hours when other helplines are often closed.

www.samaritans.org Tel: 116 123

Mental Health Foundation Looking after your mental health during Coronavirus.

www.mentalhealth.org.uk

Mind Helping people who are worried about the Coronavirus outbreak and how it can affect your wellbeing.

www.mind.org.uk

World Health Organisation Information to help with your mental health during Coronavirus.

www.who.int

Carers UK Giving free Coronavirus guidance to carers who need it.

www.carersuk.org Tel: 0808 808 7777 Monday - Friday 9am - 6pm

Every Mind Matters Ten tips to support your mental health.

www.nhs.uk/oneyou/every-mind-matters

Rethink Giving advice on how to care for yourself during Coronavirus.

www.rethink.org

For more information on mental health, including support for children, young people and families, visit:

www.durham.gov.uk/look-after-your-mental-health

#CountyDurhamTogether

