

Looking after our mental health

There are times when we all feel the strain and this has been particularly evident during the ongoing COVID-19 pandemic.

But its important Hartlepool residents realise they are not alone in these challenging times.

Below are a number of helplines and sources of useful information:

Tees Esk & Wear Valley NHS Foundation Trust Single point of Access Number

New, all age, single point of access number making it quicker and easier to contact your local crisis service.

Tel. 0300 0200317

Recovery College www.recoverycollegeonline.co.uk

Providing a range of online educational courses and resources to people with experience of mental illness, from service users to their family, friends and staff.

The Samaritans www.samaritans.org

Confidential, non-judgemental emotional support 24 hours a day for people who are experiencing feelings of distress or despair. No credit is required to call and numbers do not show on any bills.

**Tel. 116 123
Text. 07725909090
E mail. jo@samaritans.org**

Sane www.sane.org.uk

A national mental health charity providing information and emotional support to anyone affected by mental illness 4.30pm-10.30pm daily.

Tel. 0300 304 7000

Autism Helpline

Helpline opening hours: Monday-Thursday 10am-4pm, Friday 9am-3pm (excluding Bank holidays)

Tel. 0808 800 4104

Anxiety UK www.anxietyuk.org.uk

Support for those living with anxiety and anxiety-based depression by providing information, support and understanding.

**Tel. 08444 775 774
Text. 07537 416 905
Email. support@anxietyuk.org.uk**

Relate www.relate.org.uk

Provider of relationship support.

Tel. 0300 100 1234

MIND www.mind.org.uk

Provide advice and support to empower anyone experiencing a mental health problem.

**Tel. 0300 1233 3399
Text. 86463
Email. info@mind.org.uk**

<p>Rethink Mental Illness www.rethink.org</p> <p>Provides a national advice service and emotional support helplines for those experiencing severe mental illness and their carers and relatives.</p>	<p>Tel. 0300 5000 927</p>
<p>CRUSE www.crusebereavementcare.org.uk</p> <p>Provides people who have recently lost a loved one with information and support on grief and legal matters.</p>	<p>Tel. 0808 808 1677</p>
<p>National Debt Line www.nationaldebtline.co.uk</p> <p>Independent charity providing free debt advice.</p>	<p>Tel. 0808 808 4000</p>
<p>NHS Choices www.nhs.uk</p>	<p>Tel. 111</p>
<p>FRANK www.talktofrank.com</p> <p>Friendly confidential drug advice.</p>	<p>Tel. 0800 776 600</p>
<p>Drugs line www.drugline.org</p> <p>Free drug crisis and support line.</p>	<p>Tel. 0808 1606 606</p>
<p>Drink line 9am-11pm weekdays, 6pm-11pm Sat & Sun</p> <p>Advice and information for people with alcohol problems or anyone concerned about alcohol misuse.</p>	<p>Tel. 0300 123 1110</p>
<p>Welfare Rights www.welfarerights.net</p> <p>Free benefits advice.</p>	<p>Tel. 01387 266888 Email. info@welfarerights.net</p>

Hartlepool Support Hub

Hartlepool Support Hub is also here to help residents classed as clinically extremely vulnerable to stay safe, stay well and stay connected.

Clinically extremely vulnerable residents can contact the Support Hub by:

Phone: 01429 272905 (10am – 4pm Mondays to Fridays)

Email: helping@hartlepool.gov.uk

The requirement for CEV is different to the previous shielding programme, therefore the Support Hub is adapting to meet the needs of this cohort of individuals.