

Useful Contact Details ManHealth

Service	Purpose	Availability	Contact
Local mental health crisis resolution and intensive home treatment team	Specialist assessment for people aged 16yrs and older who need urgent mental health care	This team is available 24 hours per day, seven days per week	Durham 0191 4415738 Darlington 01325 552 230
The Samaritans	Free confidential listening support service for anyone who needs to talk	Available 24/7 Free from any phone	Phone: 116 123 (free) Text: jo@samaritans.org Web: Samaritans.org
The Police	Welfare checks or concerns of immediate danger of suicide	24/7	999
A & E	Place of safety	Mental health officers available to support patients 24/7	University Hospital of North Durham
GP Out of Hours Service	Triage to appropriate services	24/7	111
County Durham Drug and Alcohol Recovery Services	Freely available to adults and young people concerned about drug and alcohol use.	If you feel you need help with drug or alcohol misuse	03000 266 666.
Citizens Advice County Durham	Provides a free, confidential and impartial advice service, including: debt advice benefit advice budgeting advice housing advice consumer advice	Drop in sessions for information & advice Hours of Availability: Tuesday 10.00am – 4.00pm, Wednesday 10.00am – 4.00pm, Friday 10.00am – 1.00pm	Citizens Advice County Durham, 15 Church Chare, Chester-Le-Street, County Durham, DH3 3PZ Telephone: 0300 323 1000
If U Care Share Foundation	Support for people at risk and those affected by suicide		https://www.ifucareshare.co.uk/ Telephone: 0191 387 5661 Email: share@ifucareshare.co.uk .
Wellbeing for Life	Provide services that can support adults to improve health, wellbeing and quality of life.	Free service Freephone	Telephone 08008766887 www.wellbeingforlife.net

● The **Campaign Against Living Miserably (CALM)** is dedicated to preventing male suicide, the single biggest killer of men under 45 in the UK.

<https://www.thecalmzone.net/>

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- Helpline 0800 **58 58 58** is for men who are down or have hit a wall for any reason, who need to talk or find information and support. Open 5pm–midnight, 365 days a year.

◆ **The Samaritans** <http://www.samaritans.org/>

- Whatever you're going through, call free any time, from any phone on 116 123