



Mental Health & Emotional Support

for **schools and education setting staff** in County Durham

This is a **great starting point** to help you **access support**

Getting Advice and Self Help

Qwell | www.qwell.io

Free, anonymous, confidential, safe, online mental health and emotional wellbeing community
Qwell offers counselling, advice, and community forums for school based professionals

Durham Locate | www.durhamlocate.org.uk

Helping you to find support locally

Time to Change Hub

Working in County Durham to support people to change how they think and act about mental health

www.time-to-change.org.uk/hub/time-to-change-durham

Anna Freud

Self-care to look after your mental health

www.mentallyhealthyschools.org.uk

NHS | [Your Mind Plan](#)

Developing a Mind Plan

Helplines and Web Chats

Qwell | www.qwell.io

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Mind | www.mind.org.uk

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

Samaritans | **116 123** | www.samaritans.org

The Samaritans are there to listen 24 hours a day 365 days a year

Cruise North East | www.crusenortheast.org.uk

Cruise offer counselling and support to adults, children and families

Calm: Campaign Against Living Miserably | www.thecalmzone.net

Access the helpline to talk and find support

ManHealth | www.manhealth.org.uk

Offering advice, peer workshops and a place to talk

Talking Changes | 01388 320023 | www.talkingchanges.org.uk

A self-help, counselling and talking therapies service designed to help anyone with common mental health problems

Connecting to Local Services

Wellbeing for Life | www.wellbeingforlife.net

Helping you find what's around you and how to make the most of it

Emotional Wellbeing Locality Forums | 0191 3077030

Advice for Durham schools and wider partners about the support available to professionals working with children and families in relation to mental health and emotional wellbeing

www.investinginchildren.net

Durham County Council Employee Assistance Programme

Support to help deal with any personal or professional problems which could be impacting on health and wellbeing

www.gateway.durhamschools.org.uk

County Durham Together Hub | www.durham.gov.uk/covid19help

Help when self-isolating/how to volunteer

Remember **GPs** are **available to help**.

You are **not alone**, we can get through this **together**.

Accessing Specialist Services

Qwell | www.qwell.io

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TEWV Crisis Line | 0800 0516 171

24-hour service for people experiencing a mental health crisis

Education Support | www.educationsupport.org.uk

Support for mental health and well-being of staff in schools, colleges and universities

NHS | 111 | www.111.nhs.uk

Cruise offer counselling and support to adults, children and families



County Durham

Clinical Commissioning Group

Tees, Esk and Wear Valleys 
NHS Foundation Trust

County Durham
Care Partnership 

