



**Discover your County Durham and
Darlington Pop-Up Community Hub!**

**A team available to help you access
support you need.**

Support available for:

- ♡ **Your mental health needs**
- ♡ **Information and advice**
- ♡ **Access to support services**



communityhub-support@pcp.uk.net

www.pcp.uk.net/county-durham-community-hub

07857651075 • 07541643284

Looking for mental health support in County Durham and Darlington?



01325 283169
contactus@darlingtonmind.com
www.darlingtonmind.com



A listening and signposting service for adults in County Durham and Darlington who are in emotional distress.
0800 0516 171



Mental health support for men.
01388 320023
info@manhealth.org.uk



Counselling services.
www.talkingchanges.org.uk
0191 333 3300



Happiness Hubs grant scheme - funding for community projects.
happinesshubs@pcp.uk.net



01325 288633 (Darlington)



contact@arcuslgbt.com
01325 978810



Digital mental health care.
<https://gov.kooth.com/uk/platforms>



Access to Work Mental Health Support Service.
0800 321 3137
<https://able-futures.co.uk>



Domestic abuse and refuge support for women.
01325 364486
contactus@familyhelp.org.uk



County Durham - 0300 005 1213
Darlington - 0300 030 1215
Text Service - 07860 017632



Emotional support for those impacted by COVID-19 and the pandemic.
covidresilience@pcp.uk.net



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