

# Emotional support whenever you need it

**Our telephone listening service is available for anyone aged 18 and over living in Teesside, Durham and Darlington**

Talking to someone can often be enough to help us cope when we're distressed.

Our experienced mental health crisis staff can offer a safe space to talk about whatever is causing you distress – you don't even have to give your name.

The listening service can also give information and advice about other local services available to support you.

**Call 08000 516171**

**Teesside: press option 3 then option 3**

**Durham and Darlington: press option 1 then option 3**

**Open 24 hours a day, seven days a week**

**The listening service is staffed by NHS mental health professionals and is an alternative to traditional crisis care**