

Helplines and other useful sources of information from Tees, Esk and Wear Valleys NHS.

<p>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</p>	<p>Tel. 116 123 Text. 07725909090 E mail. jo@samaritans.org</p>
<p>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.</p>	<p>Tel. 0300 304 7000</p>
<p>Autism Helpline Helpline opening hours: Monday-Thursday 10am-4pm, Friday 9am-3pm (excluding Bank holidays)</p>	<p>Tel. 0808 800 4104</p>
<p>Anxiety UK www.anxietyuk.org.uk Support for those living with anxiety and anxiety-based depression by providing information, support and understanding.</p>	<p>Tel. 08444 775 774 Text. 07537 416 905 Email. support@anxietyuk.org.uk</p>
<p>Relate www.relate.org.uk Provider of relationship support.</p>	<p>Tel. 0300 100 1234</p>
<p>MIND www.mind.org.uk Provide advice and support to empower anyone experiencing a mental health problem.</p>	<p>0300 1233 3399 Text. 86463 Email. info@mind.org.uk</p>
<p>Rethink Mental Illness www.rethink.org 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 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 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 Friendly confidential drug advice</p>	<p>Tel. 0800 776 600</p>
<p>Drugs line drugsline.org Free drug crisis and support line</p>	<p>Tel. 0808 1606 606</p>
<p>Drink line 9am-11pm weekdays, 6pm-11pm Sat & Sun 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 Free advice.</p>	<p>Tel. 01387 266888 Email. info@welfarerights.net</p>