

North Regional Association for Sensory Support

30

Free Advocacy advice and information service for deaf, hard of hearing and deafblind individuals.

Email: office@nrass.org

Financial Support and Advice

Citizens Advice Hartlepool

31

Advice on benefits, debt, money, housing & more.

Get in touch: 01429 408 401

Advice@Hart

32

Advice and support on benefits as well as home visits and tribunal representation.

Get in touch: 01429 748 010

West View Advice & Resource Centre

33

Help and support with housing, employment, debt and benefits.

Get in touch: 01429 271 275

Age UK Teesside

34

Information, advice and helpline services for older people, their families and carers.

Get in touch: 01429 805 500

Christians Against Poverty

35

Free debt counselling service.

Get in touch: 0800 328 0006

Daisy Chain

36

Supporting and empowering autistic and neurodivergent people through holistic person-centered services.

Email: info@daisychainproject.co.uk

ManHealth

37

ManHealth offers free male peer support groups. No appointment is needed, just turn up on Thursdays at the Suit Direct Stadium (6.30pm-8.30pm) to find friendship and support for coping with any aspect of your physical or mental health.

Email: info@daisychainproject.co.uk

Hartlepool Vision Support

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Support services for sight loss and vision impairment such as rehabilitation, counselling, mobility training, sensory needs assessment, home visiting, and advice on IT & assistive technology and social groups.

Get in touch: 07379 859 420

Community Bereavement Service

39

(Provided by Alice House Hospice)

One to one, face to face, bereavement counselling for adults and children & young people who are struggling with losing a loved one (regardless of whether they were cared for by the Hospice). Group programmes for bereaved children or for bereaved adults.

Get in touch: 07379 859 420

Men's Shed

40

Enabling men with a place to meet others for social contact and to learn new or develop existing skills. Such skills are particularly around woodworking and gardening.

Get in touch: 07821 130 036

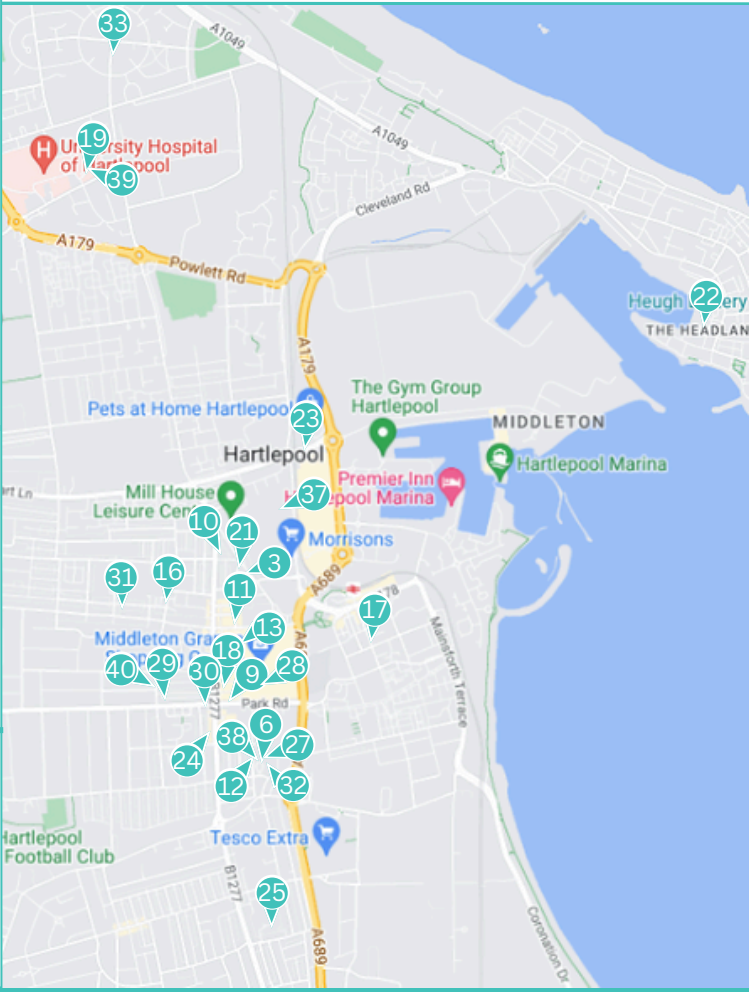
Map of Mental Health Support Services

Looking to find one of the services listed in this leaflet? Find the service's number on the top right corner of their entry and locate it on the map below.

Several organisations are not based in Hartlepool but still offer support, these include:

1, 2, 4, 5, 7, 8, 14, 15, 20, 26, 30, 36, 40.

To access these services, please use the contact details provided.



Different Types of Support

Use the following guide to find the right support service for you! The images to the side of the description are used for the list of support services on the opposite page.

Each service has a number listed beside it, which shows its place on the map.

Social Opportunities

Meeting new people with similar interests, can really help with mental health.

Practical Support

Some organisations will help you practically, such as with form filling and contacting the likes of the council.

Physical Activities

Physical activity can be a great way to boost your physical and emotional wellbeing.

Advocacy

Provides support from someone trained to help you express your views and help you stand up for your rights.

Counselling

Trained therapists listening to you and helping you find ways to deal with emotional issues.

Peer Support

Involves sharing time during various activities with people who've been through similar experiences of emotional distress.

Holistic Therapies

Treatments for the body, mind, spirit and emotions; "holistic" therapy refers to treating the whole person.

Signposting

Signposting connects you with organisations you may not know about, avoiding delays.

Mental Health Practitioners in GP surgeries

Support from Clinical Nurse Specialists and Mental Health Health & Wellbeing Practitioners provided in GP surgeries for people with severe mental illnesses who are unsuitable for talking therapies.

The professionals offer evidence based self-help tools and will also guide you to local services which provide emotional & practical support.

If necessary, further care can be provided by secondary care mental health services.

Crisis Support

A mental health crisis is when you feel at breaking point and need urgent help. You might be:

feeling uncontrollably anxious or having flashbacks; feeling suicidal or self-harming; feeling very high (sometimes called hypomania or mania); hearing voices, hallucinating, or feeling very paranoid.

These experiences can be because you're dealing with bereavement, past traumas, addiction, being abused, money problems, relationship breakdown, workplace stress, exam stress, or a housing problem. Or you might not know why you're feeling severely distressed.
































































If you are in crisis, phone 111 and option 2.

Know someone who's worrying, anxious, low?

Help is available for anyone in Hartlepool with emotional distress.

Please pass it on.

Hartlepool

<p>Crisis Support - Listening Service</p> <p>This helpline has specially trained staff who'll listen to you, understand what you're going through and help you through the immediate crisis.</p> <p>08000 46 13 13</p>		<p>Hartlepool Befriending Service</p> <p>Supporting through friendship, people who have become isolated or don't have regular contact from family and friends.</p> <p>Get in touch: befriending@clevelandfire.gov.uk</p> <p>01429 872 311</p>  	5	<p>Hartlepool Carers</p> <p>Support of many varieties provided to carers and their families – including help with emotional & practical challenges, respite care, advocacy and social opportunities.</p> <p>www.hartlepoolcarers.org.uk</p> <p>Get in touch: 01429 283 095</p>    	10
<p>Signhealth</p> <p>Sign Language anxiety and depression therapies for deaf/hard of hearing people.</p> <p>Get in touch: 07966 976 747</p> 	1	<p>Wellness Walks with a New Perspective CIC</p> <p>Organises inclusive wellness walks led by trained walk leaders every day of the week – for which any level of fitness is welcome.</p> <p>Get in touch: 07891 013 715</p>  	6	<p>LilyAnne's Wellbeing Café</p> <p>Local coffee shop offering confidential support to people experiencing loneliness, homelessness and emotional distress. Also provides walks, help accessing essential support from other organisations and crisis support.</p> <p>Get in touch: 01429 728 041</p>   	11
<p>IMPACT on Teesside</p> <p>NHS Talking Therapies and person-centred support, to help people struggling with depression, stress, anxiety and other emotional issues linked to distress.</p> <p>Get in touch: www.impactonteesside.com/online-referral</p> <p>01642 573 924</p>  	2	<p>Togetherall</p> <p>A safe, anonymous 24/7 online community where people support each other to improve their mental health and wellbeing.</p> <p>www.togetherall.com</p> 	7	<p>The Bridge - Hartlepool</p> <p>Information and support to enable people to live well with dementia, as well as support to carers, families and friends through practical and emotional support.</p> <p>Get in touch: 01429 868 587</p>     	12
<p>Let's Connect</p> <p>Support for people experiencing emotional distress and mental health difficulties – through 1:1 support and mutual support & activity group. Also offers training in peer support and for organisations in dealing with distress, safety planning and building resilience.</p> <p>Get in touch: 01429 269 303</p>    	3	<p>Eating Distress North East</p> <p>Counselling and awareness training for people affected by eating disorders, including carers.</p> <p>www.edne.org.uk</p>  	8	<p>Community Hub Central</p> <p>Assistance with a wide range of enquiries regarding all forms of advice & guidance, debt management, form-filling. Benefit and general advice available at drop-in sessions and individual appointments.</p> <p>Get in touch: 01429 272 905</p>  	13
<p>Cruse Bereavement Support</p> <p>Bereavement support to Hartlepool residents who have been bereaved due to a death relating to suicide and/or drugs or alcohol.</p> <p>Get in touch: teesvalley@cruse.org.uk</p> <p>01642 210 284</p> 	4	<p>Women's Health Hub</p> <p>Town centre location for any emotional & practical support needed by women+ – from pregnancy & postpartum to menarche & menopause.</p> <p>Get in touch: zoe@postpartummatters.co.uk</p>     	9	<p>Starfish Health & Wellbeing</p> <p>Free one to one coaching for adults up to 29 years with a personal adviser, helping you to plan your future and reach your potential.</p> <p>Get in touch: YEI@sfhw.co.uk</p> <p>01642 672 987</p>  	14
<p>Halo Project</p> <p>Support for black & minoritised women and girls experiencing or at risk of domestic and sexual abuse and violence.</p> <p>www.haloproject.org.uk/</p> <p>Get in touch: 01642 683 045</p> 	15	<p>Marriage Care Hartlepool</p> <p>Relationship counselling.</p> <p>Get in touch: 08003 893 801</p> 	20	<p>Harbour</p> <p>For families and individuals affected by abuse by a partner, former partner or other family member.</p> <p>Get in touch: 03000 20 25 25 (24/7 service)</p> <p>info@myharbour.org.uk</p>  	25
<p>Community Links</p> <p>Support in the community for people struggling with addiction, substance misuse and alcohol dependence.</p> <p>www.facebook.com/salaamcommunitycentre</p> <p>Get in touch: 07534 483 875</p> 	16	<p>Hartlepool Baby Bank</p> <p>Support for women from 28 weeks pregnant to children up to 5 years – including baby supplies, clothes & toys, alongside parenting and breastfeeding support.</p> <p>www.hartlepoolbabybank.co.uk</p>  	21	<p>ARCH</p> <p>A service supporting people who are victims of sexual violence service and any ensuing trauma.</p> <p>Get in touch: Online referral form via website, https://archteesside.org/</p> 	26
<p>START</p> <p>Substance use treatment services for children and adults offering a range of support including clinical and therapeutic support.</p> <p>substancemisuse@hartlepool.gov.uk</p> <p>Get in touch: 01642 672 987</p>   	17	<p>Changing Futures North East</p> <p>Support for families to improve the quality of family relationships; help for children and young people to make new, healthy relationships with adults and other people of similar age.</p> <p>Get in touch; 01429 891 444</p> 	22	<p>Something Positive CIC</p> <p>Support to individuals (and their families) to enable them to become the best versions of themselves despite previous severe life challenges – through peer support, arts & crafts and optional relaxation therapies.</p> <p>Get in touch: 07481 535 859</p>   	27
<p>Healthwatch Hartlepool</p> <p>An health-related, independent body with statutory functions dedicated to improving standards of health & care. Ensures your views and opinions are clearly heard by decision makers in health and care service.</p> <p>www.healthwatchhartlepool.co.uk</p> 	18	<p>Survivors of Bereavement by Suicide (SOBS)</p> <p>Meet others in the same situation or have a one-to-one phone chat or texting.</p> <p>Get in touch: hartlepool@uksobs.org</p> 	23	<p>Hartlepool Support Hub</p> <p>We signpost you to Hartlepool services & resources for independent living. The Hub is also the first point of contact for Adult Social Care. Team members will talk to you about what's important for you - to be in control of your own life.</p> <p>Get in touch: 01429 272905</p> <p>Email: helping@hartlepool.gov.uk</p>  	28
<p>Hartlepool Holistic Wellbeing Centre</p> <p><i>(Provided by Alice House Hospice)</i></p> <p>Provide a wide range of holistic therapeutic treatments, therapies and services including reiki, acupuncture, aromatherapy massages, individual & group mindfulness-based guided meditations and guided meditation with reiki.</p> <p>Get in touch: 01429 855 595</p>  	19	<p>Fibro-Connect TS</p> <p>Peer support group for people with fibromyalgia, run by people with fibromyalgia.</p> <p>www.fibroconnect.co.uk</p> <p>Get in touch: 07903 776 256</p>    	24	<p>The Artrium</p> <p>An arts-based support organisation that helps people in many different ways, practically & emotionally, centred around arts, crafts and the spirit of community.</p> <p>Get in touch: 01429 867775</p> <p>Email: info@theatrium.org.uk</p>  	29