

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