



**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](mailto:communityhub-support@pcp.uk.net)**

**[www.pcp.uk.net/county-durham-community-hub](http://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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