

SCAN ME



**NEED TO TALK?
0300 304 5527**

WWW.DURHAMMENTALWELLBEINGALLIANCE.ORG

Durham Mental Wellbeing Alliance
c/o Waddington Street Centre
3 Waddington Street
Durham, DH1 4BG

Office Opening Hours
Monday to Friday
09:00 – 17:00

Scan me



**NOW YOU'RE
TALKING...**

**EAST
DURHAM**

We all have times when circumstances can impact our mental health and wellbeing. If you're struggling and feeling overwhelmed, please get in touch with the Durham Mental Wellbeing Alliance.

Our friendly referral coordinators can get you the support you need in a timely manner. The alliance has direct access to support with:

- Supported accommodation
- Relationship support
- Hospital discharge support
- Counselling services
- Bereavement support
- Group support
- Employment support
- Education, training and volunteering support
- Dad's Peer support
- Bereavement support
- Outreach 1-1 support
- Support after suicide
- Women only support
- Support with finances and debt management
- Physical activity support
- Housing support

These are just a few examples of what we can offer. We have many connections with local communities and can link you with services you need.

If you need some help please give us a call or go to our website using the details on the front of the card.