

Local MH Support Provisions for Adults

IMPACT - provide life changing support and services to those struggling with depression, stress, anxiety, and other mental and emotional issues.

<https://www.impactonteesside.com/>

Telephone: 01642 573924

MIND - provide information, support and activities for people locally and nationally who are experiencing mental health difficulties.

<https://www.mind.org.uk/>

<http://www.middlesbroughandstocktonmind.org.uk/>

Middlesbrough: 01642 257020 / Stockton: 01642 796630

The Link Charitable Trust - works with children, young people and their families to promote positive family life and relationships by providing supportive activities for all.

<https://thelinkct.org.uk/>

Telephone: 01642 989 198

The Junction Foundation - provides a range of holistic support to meet the needs of children and young people as well as their families.

<https://thejunctionfoundation.com/>

Telephone: 01642 756000

Email: info@thejunctionfoundation.com

Information, Advice and Crisis Support for Parents and Adults:

Young Minds - A service for children, young people and parents. For parents, there is information and advice specific to various different mental health difficulties (including how to have difficult conversations with your child), as well as support through the parents helpline, webchat and email service (access through the website).

<https://www.youngminds.org.uk/parent/>

Telephone: 0808 802 5544

Samaritans - offer listening and support to people and communities in times of need.

<https://www.samaritans.org/how-we-can-help>

Telephone: 116 123

Email: jo@samaritans.org

Parenting Mental Health - supports parents around the world to navigate each stage of their child's mental illness, using it's digital channels and programs.

<https://parentingmentalhealth.org/child-help-uk/>

Facebook: <https://www.facebook.com/groups/teenagedepressionandanxiety>

Email: info@parentingmentalhealth.com