

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, 15, 16, 24, 27, 31, 32, 37, 38, 39.

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

Know someone who's worrying, anxious, low?

Help is available for anyone in Hartlepool with emotional distress. | Please pass it on.



Hartlepool



Scan the QR code above or head to:
www.hartlepowercommunitytrust.co.uk/mentalhealth

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Support in your GP surgeries

Mental Health Practitioners

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.

Social Prescribers

By understanding your needs, interests and what's important to, social prescribers connect you with activities, groups and services in your community - so you can become more in control of your physical and emotional health. Ask your surgery if Social Prescribing is available to you.

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.

CRISIS

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

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.

North Regional Association for Sensory Support

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

Email: office@nrass.org

SHOUT

Free, 24/7 text messaging mental health support service for anyone who is struggling to cope.

Text the word 'Shout' to 85258

Financial Support and Advice

Citizens Advice Hartlepool

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

Get in touch: 01429 408 401

Advice@Hart

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

Get in touch: 01429 748 010

West View Advice & Resource Centre

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

Get in touch: 01429 271 275

Age UK Teesside

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

Get in touch: 07921 464 127

Christians Against Poverty

Free debt counselling service.

Get in touch: 0800 328 0006

Daisy Chain

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

Email: info@daisychainproject.co.uk

NHS Northern Gambling Clinic

Provides specialist addiction therapy and recovery to people affected by gambling addiction.

Email: gambling.northeast@neca.co.uk

ManHealth

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

Get in touch: 01388 320 023

Hartlepool Vision Support

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

(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/Women's Shed

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

Get in touch: 07821 130 036

Crisis Support - Listening Service This helpline has specially trained staff who'll listen to you, understand what you're going through and help you through the immediate crisis. 08000 46 13 13		Hartlepool Befriending Service Supporting through friendship, people who have become isolated or don't have regular contact from family and friends. Get in touch: befriending@clevelandfire.gov.uk 01429 872 311  		Hartlepool Carers Support of many varieties provided to carers and their families – including help with emotional & practical challenges, respite care, advocacy and social opportunities. www.hartlepoolcarers.org.uk Get in touch: 01429 283 095    	
Signhealth Sign Language anxiety and depression therapies for deaf/hard of hearing people. Get in touch: 07966 976 747 	1	New Perspectives North East Wellness Walking Group Organises inclusive wellness walks led by trained walk leaders every day of the week – for which any level of fitness is welcome. Get in touch: new_perspectives@outlook.com   	6	LilyAnne's Wellbeing Café LilyAnne's Wellbeing Charity is here to support those when it comes to your Mental Health & feelings of Loneliness. We're building stronger communities through better wellbeing. Get in touch: 01429 728 041    	11
IMPACT on Teesside NHS Talking Therapies and person-centred support, to help people struggling with depression, stress, anxiety and other emotional issues linked to distress. Get in touch: www.impactonteesside.com/online-referral 01642 573 924  	2	Togetherall A safe, anonymous 24/7 online community where people support each other to improve their mental health and wellbeing. www.togetherall.com 	7	The Bridge - Hartlepool 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. Get in touch: 01429 868 587     	12
Let's Connect 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. Get in touch: 01429 269 303    	3	Eating Distress North East Counselling and awareness training for people affected by eating disorders, including carers. www.edne.org.uk Get in touch: 0191 221 0233 enquiries@edne.org.uk  	8	Community Hub Central & South A safe, welcoming place where everyone is able to come in for a chat, a cuppa, join a group activity, use the library, access the internet and computers, get support for skills, employment and volunteering. Get in touch: www.hartlepoolnow.co.uk  	13 & 14
Cruse Bereavement Support Bereavement support to Hartlepool residents who have been bereaved due to a death relating to suicide and/or drugs or alcohol. Get in touch: teesvalley@cruse.org.uk 01642 210 284 	4	Women's Health Hub Town centre location for any emotional & practical support needed by women+ – from pregnancy & postpartum to menarche & menopause. Get in touch: zoe@postpartummatters.co.uk     	9	Starfish Health & Wellbeing 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. www.starfish.academy@sfhw.co.uk Get in touch: YEI@sfhw.co.uk 01642 672 987  	15
Funded by the initiative Community Transformation of Adult Mental Health Services in Hartlepool. Get in touch: JuliSimons@hartlepoolcommunitytrust.org.uk					
Halo Project Support for black & minoritised women and girls experiencing or at risk of domestic and sexual abuse and violence. www.haloproject.org.uk/ Get in touch: 01642 683 045 	16	Marriage Care Hartlepool Relationship counselling. Get in touch: 08003 893 801 	21	Harbour For families and individuals affected by abuse by a partner, former partner or other family member. Get in touch: 03000 20 25 25 (24/7 service) info@myharbour.org.uk  	26
Community Links Support in the community for people struggling with addiction, substance misuse and alcohol dependence. www.facebook.com/groups/920029452617447 Get in touch: 07534 483 875 	17	Hartlepool Baby Bank Support for women from 28 weeks pregnant to children up to 5 years – including baby supplies, clothes & toys, alongside parenting and breastfeeding support. www.hartlepoolbabybank.co.uk babybankhartlepool@gmail.com  	22	ARCH A service supporting people who are victims of sexual violence service and any ensuing trauma. Get in touch: Online referral form via website, www.archteesside.org/ 	27
START Substance use treatment services for children and adults offering a range of support including clinical and therapeutic support. substancemisuse@hartlepool.gov.uk Get in touch: 01642 672 987   	18	Changing Futures North East 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. Get in touch; 01429 891 444 	23	Something Positive CIC For individuals and their families facing challenging life events affecting their mental health and overall wellbeing. We offer 1-1 talking therapies, focused group sessions, peer support & relaxation therapies, including arts/crafts. Get in touch: 07481 535 859   	28
Healthwatch Hartlepool 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. www.healthwatchhartlepool.co.uk 	19	Survivors of Bereavement by Suicide (SOBS) Meet others in the same situation or have a one-to-one phone chat or texting. hartlepool@uksobs.org Get in touch: 07940 558 517 	24	Hartlepool Support Hub 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. Get in touch: 01429 272905 Email: helping@hartlepool.gov.uk  	29
Hartlepool Holistic Wellbeing Centre <i>(Provided by Alice House Hospice)</i> 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. Get in touch: 01429 855 595  	20	Fibro-Connect TS Peer support group for people with fibromyalgia, run by people with fibromyalgia. www.fibroconnect.co.uk Get in touch: 07903 776 256    	25	The Artrium An arts-based support organisation that helps people in many different ways, practically & emotionally, centred around arts, crafts and the spirit of community. Get in touch: 01429 867775 Email: info@theatrium.org.uk  	30