



# Looking after your mental health



Better for everyone



Asking for help and talking about your feelings can be difficult, but is an important part of keeping mentally well. We all need extra help at one time or another. If you need it now, use these links to find out more:

[www.durham.gov.uk/mentalhealth](http://www.durham.gov.uk/mentalhealth) [www.durhamlocate.org.uk](http://www.durhamlocate.org.uk)

**Talking Changes** A self-help service designed to help anyone living in County Durham deal with common mental health problems.

[www.talkingchanges.org.uk](http://www.talkingchanges.org.uk) Tel: 0191 333 3300 between 9am and 5pm

**Wellbeing for Life** A free service that can help support and improve your mental health and wellbeing.

[www.wellbeingforlife.net](http://www.wellbeingforlife.net) Tel: 0800 876 6887

**The Samaritans** Available 24 hours a day, they can be an invaluable point of contact in the small hours when other helplines are often closed.

[www.samaritans.org](http://www.samaritans.org) Tel: 116 123

**Mental Health Foundation** Looking after your mental health during Coronavirus.

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

**Mind** Helping people who are worried about the Coronavirus outbreak and how it can affect your wellbeing.

[www.mind.org.uk](http://www.mind.org.uk)

**World Health Organisation** Information to help with your mental health during Coronavirus.

[www.who.int](http://www.who.int)

**Carers UK** Giving free Coronavirus guidance to carers who need it.

[www.carersuk.org](http://www.carersuk.org) Tel: 0808 808 7777 Monday - Friday 9am - 6pm

**Every Mind Matters** Ten tips to support your mental health.

[www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)

**Rethink** Giving advice on how to care for yourself during Coronavirus.

[www.rethink.org](http://www.rethink.org)

For more information on mental health, including support for children, young people and families, visit:

[www.durham.gov.uk/look-after-your-mental-health](http://www.durham.gov.uk/look-after-your-mental-health)

**#CountyDurhamTogether**

