**USEFUL NUMBERS**

**MENTAL HEALTH MATTERS**

**Samaritans – 116 123**

**24 hours 7 days a week**

**Newton Aycliffe MIND – 01325 300121**

**Monday – Friday 9am to 5pm**

**Crisis Team –**

**Durham 01388 452900**

***(Sedgefield, Trimdon, Fishburn, Ferryhill, Newton Aycliffe, Shildon, Spennymoor)***

**CALM (Men aged 15-35) – 0800 585858**

**Daily 5pm to midnight**

**PAPYRUS – 0300 5000927**

**Young suicide prevention until 10pm**

**BEAT (Eating disorder helpline) – 0808 801067**