Counselling Service .iN

Drop In is available every lunchtime between **12pm to 1pm, term time only.**

Useful Contacts

NHS TEWV

Mental health helpline 24/7
Call 111 option 2
tewv.nhs.uk/services/crisis-resolution-intensive-home-treatment

kooth

Free, safe & anonymous online support for young people (11 - 18 yrs)
Kooth.com

Samaritans - National Freephone
116123

Qwell

Free, safe and anonymous mental wellbeing support for adults (18+) across the UK
Qwell.io

Your GP, you can access help in a crisis from your local Accident & Emergency Department (24 hours)

Call 0191 375 4400
Email asc@newdur.ac.uk

Advice Support Careers