

Hartlepool Carers
Self-Directed Support Information – Mental Health



Service/Organisation	How can they help?	Contact Details	Useful Information
Hartlepool and East Durham MIND	A service providing low level emotional support. Online support also available.	Crown Buildings Tees Street Hartlepool TS24 8HB 01429 269 303 Email: information@hartlepoolmind.co.uk	Monday – Friday 9:00 – 5:00pm
Starfish Therapy Emotional Wellbeing in Teesside (EWIT)	GP or self-Referral - Offers a range of support for adults with mental health problems. Mild to moderate problems treated by a Psychological Well Being Practitioner.	8 Yarm Road Stockton on Tees TS18 3NA Tel: 01642 672 987 Fax: 01642 601 833 Email: info@ewit.co.uk	Monday – Friday 9:00 – 5:00pm
IMPACT on Teesside	IMPACT on Teesside, is a new Psychological Therapies and Wellbeing Service, working with patients registered with GP practices across the Teesside area.	Tel: 01642 573 924 Email: enquiries@impactonteesside.com	
KOOOTH	Free, safe and anonymous online support for young people.	https://www.kooth.com/	Online support service. Information and online counselling support
Haven	Free confidential counselling service for young people aged 11 – 25	18 Victoria Road Hartlepool TS26 8DD Phone: 01429 222252 http://havenhartlepool.org/	Monday, Wednesday and Friday 1:30 – 5:00pm
Andy Man Club	Providing support to men living in Hartlepool	info@andymanclub.co.uk	Meet at Hartlepool United FC every Monday 7:00pm