

Looking after your mental health during the Covid-19 pandemic

Resource List for Young People

Local Darlington Support

- **Listening Post & Darlington Mind Telephone Support**



*Feeling anxious and need
someone to talk to?*

The Listening Post and Darlington MIND are here for you

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*Helpline for Secondary School and
Sixth Form Students*

07847 933 799
Monday-Friday 10am - 12noon
listeningpost@dacym.co.uk

07432 843 161
Monday-Friday 1.30-4.30pm
crew@darlingtonmind.com

- **Recovery College Online - Free information, coping techniques and courses**
<https://lms.recoverycollegeonline.co.uk/course/view.php?id=376>
- **Kooth.com - Free online emotional & well being support, with access to trained counsellors**
www.kooth.com
- **Healthwatch Darlington - Free information & signposting**
Call: 01325 380145
Email: info@healthwatchdarlington
Text: 07525237723
- **Darlington Borough Council - Free information**
<https://www.darlington.gov.uk/health-and-social-care/public-health/coronavirus/health-and-wellbeing/>

National text, telephone and online support

- Samaritans - Free listening telephone service
116 123
- Childline - Free helpline
0800 1111
- Youngminds - Online advice and information
<https://youngminds.org.uk/>
- Shout - Text crisis messenger service
Text: 85258
- Beat - Eating disorder help and support
<https://www.beateatingdisorders.org.uk/>
- The Mix - Free online advice and information (including group chat rooms)
www.themix.org.uk
- NSPCC - Help and information
<https://www.nspcc.org.uk/>
- Change, Grow, Live - Help, information and tips
<https://www.changegrowlive.org/advice-info/coronavirus/people-under-21>