

Aged 18 or under and feeling worried, anxious or low in mood?
 Would you like to speak with someone in confidence about this?
 Across Middlesbrough and Redcar Telephone Emotional and Wellbeing Support is available from the providers below:

<u>Provider Name</u>	<u>PHONE</u>	<u>E-mail</u>
Middlesbrough and Stockton Mind	Middlesbrough: 01642 257020 Stockton: 01642 796630	01642 257020- automated to take messages which are checked regularly throughout the day. Email: info@middlesbroughandstocktonmind.org.uk Web site: www.middlesbroughandstocktonmind.org.uk/
The Junction Foundation	01642 756000	Email: referrals@thejunctionfoundation.com Web site: https://thejunctionfoundation.com
The Link	01642 505580	Email: info@redcarlink.com Web site: https://www.redcarlink.com
If you require emergency Mental Health support contact NHS Crisis Team direct on 03000132000.		