

Looking for mental health support in Darlington?



01325 283169

contactus@darlingtonmind.com
www.darlingtonmind.com



01325362832 / 01325 357345 /
0300 302 0100
Peer Support Activity Groups



01325 462452

admin@teesvalleymca.org.uk



01325 364486

contactus@familyhelp.org.uk



01325 288633 (Darlington)



7 Levy Way, Faverdale Industrial
Estate, Darlington, DL3 0PQ

SAMARITANS

03300945717

Telephone Support Line



Darlington Support For All
01325 527837



Morrison Trust

01325 387700

Sbentley@morrisontrust.org.uk



contact@arcuslgbt.com
01325 978810



07584124384

rachelleech@myharbour.co.uk



North Close, Gladstone Street,
Darlington, DL3 6JX



07943251357

secretary@darlingtontownmission.org.uk



07903330794

Lisa.Taylor@groundwork.org.uk



01325 238007

info@unforgettableexperiences.co.uk



rafarmynavy@yahoo.com



0300 0051213 (County
Durham) / 0300 030 1215
(Darlington)

Looking for mental health support in Darlington?



01325254463

Freefone 08001963144

Tracy.wright@firststopdarlington.org.uk

humankind®

01325 731 160

Info@humankindcharity.org.uk



01325 254321

Johnpaulstabler@darlingtonhospice.org.uk

Renew Wellbeing

07927852038

thewelldarlington@gmail.com

Useful links

<https://livingwell.darlington.gov.uk>

<https://www.darlingtondisability.org>

<https://primaryhealthcaredarlington.co.uk/socialprescribing>