



Discover your County Durham  
Pop-Up Community Hub -  
a team available to support  
you access support you need.

Come and say **hello!**

We can support you with:

- ♥ Your mental health needs
- ♥ Information and advice
- ♥ Access to support services



[communityhub-support@pcp.uk.net](mailto:communityhub-support@pcp.uk.net)

[www.pcp.uk.net/county-durham-community-hub](http://www.pcp.uk.net/county-durham-community-hub)