

We can Talk - Redcar and Cleveland Talking Therapies

If you ever feel you can't cope and need to speak to somebody immediately, or need advice on how you can deal with someone else's behaviour, no matter what time of day, you could contact NHS 111 or the Samaritans (Talking Therapies).

NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones

Telephone: 111

The Samaritans offer a 24-hour confidential talking therapies telephone helpline.

Telephone: 08457 90 90 90

Who to contact

Website wecantalk.org/.../middlesbrough-and-redcar-cleveland

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EVENTS AND ACTIVITIES

PEOPLE'S INFORMATION ALL UNDER ONE ROOF

