

For anyone who needs some support right now

Hartlepool Food Network- **07967 671046**

Let's Connect - **01429 269303**

Families Helpline - Changing Futures North East **01429 891444**

Domestic Abuse Helpline - Harbour - Telephone **03000 20 25 25**

Personal Crisis Helpline - Samaritans Call free on **116 123**

Welfare Helpline (HBC) - **01429 284284**

CALM - **0800585858**

Mind - **03001233393**

No Panic - **08449674848**

Bereavement- **08088081677**

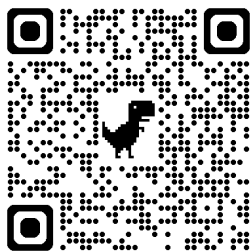
PAPYRUS -**08000684141**

SHOUT - Text SHOUT to **85258**

Abuse - **0808 2000 247**

Refuge -**020 7395 7700**

Stay safe this Christmas



More info at Wynyard TLC

