

Going through a difficult time? don't go through it alone...

- For help and advice contact your GP
- Or contact the Samaritans on
08457 90 90 90 (24 – hour helpline)
or visit www.samaritians.org.uk
or email jo@samaritians.org
- Or if you live in the County Durham
and Darlington area and you need
urgent support dial **111**

For further information, visit www.cdd.nhs.uk