



STOCKTON COUNCIL	ECONOMIC REGENERATION AND TRANSPORT	ARTS CULTURE AND LEISURE	ENVIRONMENT AND HOUSING	CHILDREN AND YOUNG PEOPLE	COMMUNITY SAFETY	ADULT SERVICES	HEALTH AND WELLBEING	STRONG COMMUNITIES
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Big plans for the care we provide

Home / Adult Services / Support for people with mental health problems

## Support for people with mental health problems

**There are many services in Stockton that support people with mental ill health and their carers.**

We work with a number of groups and organisations to make sure that you get the services you need. We provide social care services in partnership with Tees, Esk and Wear Valley NHS Foundation Trust (TEWW) and also work with local service user and carers groups, voluntary groups and private sector providers.

We are committed to putting every person who needs support at the heart of all that we do and for people with mental health problems this means being flexible and offering everyone who is eligible for social care services the opportunity to direct their own support.

### Private Support Providers

- **New Horizons (Teesside)** is a small, local, independent charity which provides floating support and fully furnished supported housing to people suffering with mental health issues. Staff supporting those people with low, medium or high needs also work closely with carers, families and care teams to provide support tailored to the need of each individual client.
- **Middlesbrough and Stockton Mind** is a registered local charity that provides confidential services for people experiencing emotional or mental health problems and their families. Middlesbrough and Stockton Mind is affiliated to Mind.
- **The Lighthouse Centre** is a free, self-referral, out of hours, open access, support and information service for those 16+ suffering emotional distress/mental health problems in the Stockton area.
- **Mental Health Matters** provides support for people with mental health needs across the UK through an innovative range of services.

### Stockton Information Directory

The Stockton Information Directory provides information and advice on a range of services and opportunities for adults across the borough of Stockton. The wide range of services include information and advice on where local groups or leisure activities are taking place, what help you can get to remain in your own home as well as housing and care home information, and much more.

**Visit the [Stockton Information Directory](#) for a full range of information and advice available for adults.**

#### Browse this section

Big plans for the care we provide

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Stockton Council Learning and Skills Service

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Stockton Information Directory (Adults)

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