

Drug and Alcohol

If you have a problem with drugs or alcohol there are a number of services available for you to contact:

Cri, Stockton Recovery Service

CRI is a health and social care charity working with individuals, families and communities across England and Wales that are affected by drugs, alcohol, crime, homelessness, domestic abuse and antisocial behaviour.

Contact: 01642 613358

24/7 emergency number: 08000 522 050

Addictive Behaviour Service

For people who feel they may have a problem with drugs or alcohol can contact to make an appointment or for advice/information

Contact: 01642 802424

Birchtree Practice

Addictive prescribing service for Heroin addiction. GP service and support from a CRI worker.

Contact: 01642 633561

Lifeline

Alcohol advice and intervention

Contact: 01642 625980

Email: stockton@lifeline.org

www.lifelineproject.co.uk

**DRUG AND ALCOHOL SUPPORT
24/7 HELPLINE
TO SUPPORT YOU DURING THOSE
VULNERABLE TIMES
0800 052 2050**

Foodbanks

The Trussell Trust

Working within local communities to provide foodbanks for members of the community struggling to feed themselves and their families.

Middlesbrough

Mon: 11.30am - 1.30pm

St Barnabas Church

Wed: 1.00pm - 3.00pm

FRADE Shop

Thu: 2.00pm - 4.00pm

Middlesbrough Community Church

Fri: 10.30am - 12.30pm

Holy Trinity Church

Billingham

Tuesday 11.00am - 2.00pm

Thursday 11.00am - 2.00pm

New Life Church, Low Grange Avenue

For further information or to check any changes in times or venues please check:

www.trusselltrust.org

**IN AN
EMERGENCY
CALL 999**



dns1605

Big plans for keeping our communities safe

HELP YOURSELF!

See what support is available for you!

Foodbanks Skills
Opportunities
Advice Housing
Depression Ambition
Employment
HELP
Achieve Drugs
Empowerment Stress
Alcohol Financial
Anxiety Recovery
Education Recovery
Support Success
Homelessness



Community Safety

Big plans for keeping our communities safe

Mental & Physical Health

If you need support or advice from mental health or physical health professionals, below are some services you can contact:

MIND

Supporting people with mental health issues by providing one to one mentoring support for people living in the Borough of Stockton.

Contact: 01642 644116

www.middlesbroughandstocktonmind.org.uk

Alliance Psychological Services

Primary Care mental health services for anxiety and depression which people can access either through their GP or by self-referral.

Contact: 01462 352747

Email: info@alliancepsychology.com

Combat Stress

Specialist clinic treatment. National with North East representatives. Post-Traumatic Stress Disorder

Free phone 24/7 helpline: 0800 138 1619

Contact: 01292 561 350

Email: outreachNorth@combatstress.org.uk

**CRISIS TEAM STOCKTON, NHS
TO SUPPORT YOU IN A MENTAL
HEALTH CRISIS.
AVAILABLE 24/7
CONTACT: 01642 524714**

Criminal Justice

NACRO

Working with Offenders & Reducing Crime in Teesside.

Contact: 01642 615554

Email: helpline@nacro.org.uk

National Offender Management Service

Contact: 0300 047 6325

Email: public.enquiries@noms.gsi.gov.uk

For more information www.justice.gov.uk

Durham Tees Valley Probation Trust

Working with offenders to reduce reoffending and crime.

Contact: 01642 606 111

Housing

Stockton Council, Housing Options

Homeless & Housing Advice.

Out of Hours: 0870 240 2994

Contact: 01642 528389

Email: Housing.options@stockton.gov.uk

TRISTAR Homes Limited

Registered provider of social housing.

Contact: 0300 111 1000

Email: customerservices@tristarhomes.co.uk

Employment, Education & Financial Services

For support and advice with your finances, there are a number of services that you can contact for help!

Citizens Advice Bureau

Advice support, Benefits, pension, legal, debt problems housing & sign posting service.

More info: www.citizensadvice.org.uk

Contact: 08444 111 444

Job Centre Plus, Stockton

Benefit claims and Advice

Telephone: 0845 6060 234

Text phone: 0845 6055 255

Five Lamps

Working with offenders to help them; gain Employment, build their own Enterprise, provide Financial Inclusion for those struggling with debts and budgeting, and providing services for Young People.

Contact: 01642 608316

Email: employability@fivelamps.org.uk

The Royal British Legion

Advice on financial matters such as pensions, compensation claims, benefits and other money matters.

Freephone: 08457 725725 (10am – 4pm)

More info: www.britishlegion.org.uk