

TARGET Leaving Care

USEFUL CONTACTS

Take Care and Stay Safe



For any information regarding Coronavirus, please visit the below:

[Coronavirus NHS](https://www.nhs.uk/conditions/coronavirus-covid-19) NHS <https://www.nhs.uk/conditions/coronavirus-covid-19>

[Coronavirus Public Health England](https://www.gov.uk/coronavirus) <https://www.gov.uk/coronavirus>



CALL **999** IN AN EMERGENCY FOR AMBULANCE, POLICE, FIRE BRIGADE

CALL **111** FOR MEDICAL NON-EMERGENCY

CALL **101** FOR POLICE NON-EMERGENCY



[Samaritans](https://www.samaritans.org) <https://www.samaritans.org>

Tel: 116 124 Text: THEMIXHELP 85258



**Change
Grow
Live**

[Drug and Alcohol Recovery Service](https://www.changegrowlive.org) <https://www.changegrowlive.org>

Tel: 01642 673888 24-HOUR HELPLINE: 0800 0522050

HOMELESS

REDCAR— 01642 612444/01642 774774

MIDDLESBROUGH—0300 111 1000

STOCKTON—01642 528389 STOCKTON OUT OF HOURS EMERGENCIES 01642 524552

UNIVERSAL CREDIT

PLEASE CALL: 0800 328 5644

[How to apply for Universal Credit](https://www.gov.uk/universal-credit) <https://www.gov.uk/universal-credit>

FOOD BANKS

MIDDLESBROUGH - 07954 131337

STOCKTON/BILLINGHAM - 07583 575522

HARTLEPOOL - 01429 598404

DARLINGTON - 01325 575522





CHANGES TO MIND SERVICES

[MIND](http://www.middlesbroughandstocktonmind.org.uk/contact-us.aspx) <http://www.middlesbroughandstocktonmind.org.uk/contact-us.aspx>

MIND have sadly had to close their offices to protect the health and wellbeing of their service users and staff during the Coronavirus pandemic

However, they are still there for those who need them and will continue to provide services online and via telephone. You can call them on **01642 257020** and someone will get back to you.

Alternatively, if you need help or support please contact the crisis team for your local area:

Middlesbrough Crisis Team - 01642 680706 **Stockton Crisis Team - 01642 524714**
Redcar Crisis Team - 01642 838300 **The Samaritans - 116 123**

Alliance—Psychological Counselling Services 01642 352747

Starfish—Emotional Wellbeing 01642 672987

Cruse- Bereavement Care 01642 210284

Kooth—An anonymous online counselling and emotional wellbeing service tailored to students under 18years of age

[Kooth Web](http://www.kooth.com) www.kooth.com

CAMHS (Crisis) 03000 132000 option 6
Crisis Adult 01642 524714

Insight Talking Therapies 0300 555 0555 or

Email: tees@insighthealthcare.org

Relate (North East) 01325 461500

ARCH (Rape and Sexual Abuse) 01642 822331

Talk to Frank 0800 776600

Victim Support 01642 297000

Welfare Rights Redcar 01642 771166

Eva Women's Support 01642 490677

My Sisters Place 01642 241864

Jigsaw 01642 822335

Citizens Advice Bureau 01642 269880

Drug and Alcohol Care Service 01642 876323

Crisis Team 01642 838300

[Find out about support, treatment and counselling services in the area @ www.wecantalk.org](http://www.wecantalk.org)

COLLEGE & TRAINING CONTACTS



[Stay up to date with college information](https://www.stockton.ac.uk) <https://www.stockton.ac.uk>

During non-contact teaching time, if at any time you require support or find yourself in crisis, please do not hesitate to use the list of numbers below to access support. During the office hours of 8.30 a.m. to 4.30 p.m.

Alice Reid—Safeguarding—07970 982324

Emma Garbutt—Welfare—07736 892733

Christine Cook—Welfare—07968 107338

[Redcar & Cleveland College](https://www.cleveland.ac.uk)

<https://www.cleveland.ac.uk>

TEL: 01642 473132



[Middlesbrough College](https://www.mbro.ac.uk)

<https://www.mbro.ac.uk>

TEL: 01642 333333



[Prior Pursglove College](https://pursglove.ac.uk)

<https://pursglove.ac.uk>

TEL: 01287 280800



[Askham Bryan College](https://www.askham-bryan.ac.uk)

<https://www.askham-bryan.ac.uk>

TEL: 01642 327998



[SHAPE TRAINING](http://www.shapetraining.co.uk) <http://www.shapetraining.co.uk> TEL: 01642 282222

[NACRO](https://www.nacro.org.uk) <https://www.nacro.org.uk>

TEL: 01642 223551



USEFUL GP CONTACTS



Local GP's in Stockton & Billingham



Tennant Street Medical Practice	01642 613331
Queens Park Medical Practice	01642 679681
The Arrival Medical Practice	01642 615415
Riverside Medical Practice	01642 604117
The Dovecot Surgery	01642 676520
Woodlands Family Medical Centre	01642 607398
Elm Tree Surgery	01642 616663
Norton Medical Centre	01642 745350
The Eaglescliffe Medical Practice	01642 780113
Queens Park Medical Centre	01642 618170
Lawson Street Medical Centre	01642 704200
Alma Medical Centre	01642 607248
Melrose Surgery	01642 553055
Queen Street Practice	01642 553389
The Roseberry Practice	01642 564310
Billingham Health Centre	01642 558121
Kingsway Medical Centre	01642 564310



USEFUL GP CONTACTS



Local GP's in Redcar & Cleveland



Low Grange Health Village:

Normanby Medical Centre 01642 511660

Eston Surgery 01642 511567

Saltscar Surgery 01642 484495

Coatham Surgery 01642 483638