

If you need housing advice or are homeless: Mental Health Issues

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 (TEWV) and 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

- **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.](#)

If you are worried about becoming homeless you should contact us as soon as possible.

You can visit us at: Stockton Central Library & Customer Service Centre
Church Road, Stockton-on-Tees, TS18 1TX

Email us: Housing.options@stockton.gov.uk

Telephone: 01642 528389

Or write to us: Homelessness and Housing Solutions, 16 Church Road,
Stockton-on-Tees, TS18 1TX

Service opening times:

Monday, Tuesday, and Thursday: 9am to 4pm

Wednesday: 12.30pm to 4pm

Friday: 9am to 3.30pm

If you are homeless in an emergency outside these times you can telephone the **Emergency Duty Team**: 01642 524552, 5pm - 8.30am weekdays and all-day weekends (including bank holidays).