DCC advise that we recommend the following signposting information to adults seeking Mental Health support.

* Adult Mental Health information is available at [https://www.durham.gov.uk/adultmentalhealthsupport](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.durham.gov.uk%2Fadultmentalhealthsupport&data=05%7C01%7Ch.rice300%40finchale.durham.sch.uk%7Ce26710f63b2d4474dd3408dbb2a9729c%7C45dfff5283644d73bf3a8f98bdf10d87%7C0%7C0%7C638300213669438137%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=rAXjW6831gbIcCE31RchoQF8%2BZvIHPM5eOIcWWTU8mA%3D&reserved=0)
* Support is available by contacting your local GP surgery.
* The Mental Health Alliance is a range of support services able to support a wide range of mental health concerns.
* The service is open for self-referral or referrals made by organisations. Please click [Referral – Durham Mental Wellbeing Alliance](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.durhammentalwellbeingalliance.org%2Freferral%2F&data=05%7C01%7Ch.rice300%40finchale.durham.sch.uk%7Ce26710f63b2d4474dd3408dbb2a9729c%7C45dfff5283644d73bf3a8f98bdf10d87%7C0%7C0%7C638300213669438137%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=0FNqaGktpsd%2F%2F%2FhlGq4gUEi6EpGRwObkUIPMYZ6O81s%3D&reserved=0) for more information or contact Tel. [0300 3044 5527](tel:0300%203044%205527)