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## EMERGENCY RING 999

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## CONTACT CRISIS TEAM

Hartlepool 01429 285858

<https://www.teewv.nhs.uk/services/crisis-and-intensive-home-treatment-team/>

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## TEXT CRISIS LINE

Just text 85258

<https://www.giveusashout.org/get-help/>

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## SAMARITANS

Call 116 123

<https://www.samaritans.org/>

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## PAPYRUS

PREVENTION OF YOUNG SUICIDE - CALL 0800 068 41 41  
[HTTPS://PAPYRUS-UK.ORG/HOPELINEUK/](https://papyrus-uk.org/hopeclineuk/)

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## SARC

SEXUAL ASSAULT REFERRAL CENTRE RING 03333 448283  
[HTTPS://WWW.SARCTEESIDE.CO.UK/CONTACT-US/](https://www.sarcteeside.co.uk/contact-us/)

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## HART GABLES

Teesside's LGBT Charity

<http://www.hartgables.org.uk/>