

Below is a selection of information we are asked for by students.  
Although student services staff are available via e-mail, you may wish to make direct contact yourself.

**In any emergency please call 999**

**Emergency accommodation:**

If you find yourself homeless with no where to sleep contact Nightstop.  
They offer a safe place to stay via volunteers spare rooms.  
Email [nightstopne@depaulcharity.org.uk](mailto:nightstopne@depaulcharity.org.uk)  
Website: <https://www.nightstop.org.uk/nightstop/nightstop-north-east-middlesbrough>  
Mobile: 07850515204  
Landline 01642 249 782

**Mental health:**

Samaritans 116 123 24 hour phone line

**Crisis resolution teams: 18 years and over.**

This team is available 24 hours per day, seven days per week:  
Durham and Darlington 01388 452900  
Hartlepool 01429 285858  
Stockton-on-Tees 01642 524714  
Middlesbrough 01642 680706  
Redcar and Cleveland 01642 838300  
Northallerton 01609 763702  
Harrogate 01423 553778  
York 01904 526582  
Scarborough 01723 384645

**CAMHS (child and adolescent mental health service) ages up to 18:**

Tel: 03000 132 000  
Middlesbrough – option 2  
Redcar – option 3  
Hartlepool – option 4  
Stockton – option 5  
Crisis team – option 6 (24 hours)  
Eating disorders team – option 7  
Young Minds  
If you need urgent help text YM to 85258  
Parents helpline: 0808 802 5544  
Other contact information can be found on the website  
<https://youngminds.org.uk/>

**Halo Project**

Supports victims of honour-based violence,  
forced marriages and FGM  
[www.haloproject.org.uk](http://www.haloproject.org.uk)  
01642 683045

**Hart Gables**

Teesside's LGBT charity  
<http://www.hartgables.org.uk/>  
[Jack.cummins@hartgables.org.uk](mailto:Jack.cummins@hartgables.org.uk)

**ARCH**

Free and confidential sexual violence support  
<https://www.archnortheast.org/>  
ARCH North East, 22 Hoylake Road  
Email:  
Referral Enquiry – [referrals@archnortheast.org](mailto:referrals@archnortheast.org)  
E-mail Support - [support@archnortheast.org](mailto:support@archnortheast.org)  
Telephone:  
General/Referral Enquiry – 01642 822331  
Our opening times:  
Mon & Fri 8:30am - 5:00pm  
Tue, Wed, Thurs 8:30am - 7:00pm

**Childline**

Free and confidential advice for anyone under the age of 19.  
Telephone: 08001111  
<https://www.childline.org.uk/>

**The Mix**

Essential support for under 25's  
Telephone: 0808 808 4994  
Other contact information is available via the website  
<https://www.themix.org.uk/>