



**Tees, Esk and Wear Valleys**  
NHS Foundation Trust

**Call us free of charge...**  
**in a mental health emergency.**



**Freephone. 0800 0516 171**

**for your local TEWV crisis team.**

**Open 24 hours a day, seven days a week**

The line is available for people of all ages  
living in County Durham, Teesside and most of North Yorkshire.

**[www.tewv.nhs.uk/crisisadvice](http://www.tewv.nhs.uk/crisisadvice)**