

Mental Health Matters Helpline

This is an out-of-hours confidential emotional support and information service, provided by trained and experienced telephone helpline workers. You do not have to have a mental health problem to use this helpline. They provide information on many local and national services specific to mental health and other issues. People contact the helpline about many different issues such as bereavement, relationship problems, family problems, loneliness/isolation, stress and carer's issues.

For more information contact Avalon House, St Catherines Court, Sunderland Enterprise Park, SR5 3XJ. Tel: (0191) 5163500, Email: info@mhm.org.uk