

Local signposting links



DARLINGTON
Borough Council



Core element	Service	Notes
Stopping smoking	Darlington stop smoking hub www.darlingtonstopsmokinghub.org.uk	Referral via health specialist such as GP.
Increasing physical activity	Start my Move More journey www.darlington.gov.uk/movemorejourney Active 10 – www.nhs.uk/better-health/get-active/ Better Health – Healthy Families https://www.nhs.uk/healthier-families/	DCB webpage offering tips on how to increase your activity levels. App that helps record your steps and set targets to move more. Advice and activities to keep active and eat well.
Reducing alcohol consumption and drugs	With You (Drugs and Alcohol) www.wearewithyou.org.uk/services/darlington-at-stride/ Darlington Access team (Drugs) - 01325 406 571 www.darlington.gov.uk/health-and-social-care/public-health/access/	Local services in Darlington.
Maintaining a healthy weight and diet	NHS Digital Weight Management Programme https://www.england.nhs.uk/digital-weight-management/ NHS guidance - www.nhs.uk/live-well/healthy-weight/ NHS weight loss plan app - www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/	Referral via a GP. 12 week digital support for adults living with obesity who also have a diagnosis of diabetes, hypertension or both. National guidance is available online or via apps.

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Positive mental health and wellbeing	<p>MIND Darlington - www.darlingtonmind.com/ Man Health - www.manhealth.org.uk/ ARCUS - www.arcuslgbt.com/</p> <p>Qwell - www.qwell.io/ Samaritans - www.samaritans.org/</p> <p>For Children & young people – Kooth- www.kooth.com/</p>	<p>3 local organisation who can offer support. Note ARCUS is a paid for service.</p> <p>National services with online chat functions as well as telephone services.</p> <p>National service with chat and telephone functions.</p>
Various services in Darlington and surrounding areas	<p>MECC Gateway - www.meccgateway.co.uk/nenc/new</p> <p>Living Well Darlington - www.livingwell.darlington.gov.uk</p>	<p>Regional directory including Darlington for services more than the core elements e.g. fire safety, money matters.</p> <p>Directory anyone can use to look for Darlington services.</p>
1 to 1 support for various needs	<p>Darlington Social Prescribing Service - https://socialprescribingdarlington.co.uk/</p> <p>Darlington Safeguarding Partnership https://www.darlington-safeguarding-partnership.co.uk/</p>	<p>This service aims to maximize an individual's overall quality of life by supporting, hand-holding, signposting and connecting them with non-medical sources of help in their locality</p>
Darlington Safeguarding Board		

[Are you concerned about a child?](#)

Contact the **Children's initial Advice Team**
 Professionals on **01325 406252**, Public on **01325 406222** or **Out of Hours Emergency Duty Team** on **01642 524552**.

[Are you concerned about an adult?](#)

Contact the **Adult Contact Team**
 on **01325 406111** or the
Out of Hours Emergency Duty Team on **01642 524552**.