SELF REFERRAL CONTACT NUMBERS FOR ALTERNATIVE IMPROVEMENT ACCESS TO PSYCHOLOGICAL THERAPY PROVIDERS (IAPT)

Alliance Psychological Service Ltd - 01642 352747

Hartlepool and East Durham MIND – 01429 269303

Insight - 0300 555 0555

Middlesbrough & Stockton Mind – 01642 218361

Starfish Health and Wellbeing – 01642 672987