

If U Care Share Foundation

If U Care Share Foundation has a free, confidential 24 hour, 7 days a week text service. Text IUCS to 85258 to talk to trained volunteers you are worried about something or experiencing suicidal thoughts.

They provide practical and emotional support to people impacted by suspected suicide. Help and support is available now if you need it. You do not have to struggle with difficult feelings alone.

They're a local charity which focuses on suicide prevention, suicide bereavement support and promoting positive mental health in our communities.

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Telephone: 0191 387 5661

Website: <https://www.ifucareshare.co.uk>

Email: share@ifucareshare.co.uk

Twitter: <https://www.twitter.com/ifucareshare>

Facebook: <https://www.facebook.com/ifucareshare>

Opening Hours: Monday to Friday 9am to 5pm

Address:

27 The Close East
South Pelaw
Chester le Street
Co Durham
DH2 2EY

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