

Waythrough

Waythrough provide free, confidential support for mental health, alcohol, drugs, domestic abuse, supported housing and outreach services to people with mental health difficulties. They can help you find help for yourself or someone you care for. Use their website to find support in your area.

[Togetherall](#) is their online community where people dealing with mental health challenges can anonymously support each other. Everyone over the age of 16 who we support with mental health can access it for free. Togetherall is managed by trained professionals.

Last updated: February 14, 2025

Telephone: 01325 731 160

Website: <https://www.waythrough.org.uk/>

Email: info@waythrough.org.uk

Twitter: https://x.com/Waythrough_UK

Facebook: <https://facebook.com/waythroughuk>

Youtube: https://www.youtube.com/@waythrough_uk

Cost: Free

Address:

Waythrough
Inspiration House
Unit 22, Bowburn North Industrial Estate
Durham
DH6 5PF

Related Articles

[Mental Health](#)

[Depression](#)

[Anxiety and stress](#)

[Bipolar disorder](#)