

**Building resilience in your community - those who have accessed our service have to said:**

'You are so easy to get on with and you really make me feel comfortable around you, I feel I can talk to you about anything'.

'The changes my family have seen over these past weeks has been huge'.

'Just the two initial appointments with you has made me feel like a huge weight has been lifted and I feel so much better'.

'I did not believe the emotional support would end up being such an important part of my recovery'.

**Find Us**

Pioneering Care Partnership,  
Pioneering Care Centre  
Carer's Way  
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DL5 4SF  
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Via PCP reception: 01325 321234  
Email: [resilience@pcp.uk.net](mailto:resilience@pcp.uk.net)  
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**Connect with us**



County Durham Resilience



@CDResilience



County Durham Resilience



@countydurhamresilience



County Durham Resilience Service is managed by Pioneering Care Partnership (PCP) and Tees, Esk and Wear Valleys NHS Foundation Trust (TEWV).

## Who are we?

The County Durham Resilience service is a community mental health service for adults (18 years and over).

We are primarily an early-intervention service and aim to build resilience within communities in County Durham. This includes; where people feel lonely and isolated, and have experienced mental health difficulties, which includes those impacted by COVID.

We are here to help people, bridging the gap between services, and helping to improve social wellbeing and mental health.

## Can I receive support?

We are here to support adults and families who live or work in County Durham. If you live or work in County Durham and think you'd benefit from talking to us, please get in touch.

## What is resilience?

Resilience is the ability to cope under pressure. A person who copes under pressure is resilient. The ability to cope well under pressure is based on a positive outlook, combined with strategies to manage pressure.

## How will we do this?

The County Durham Resilience service has a person-centred approach and offers 1:1 in-person, telephone, virtual, or group-based support.

We will help build strategies to develop resilience over up to 12 sessions, by listening, supporting and connecting people to local services.

“—  
| **Thank you for the support, I have definitely noticed a difference in my mental wellbeing.**  
—|”

## Listening



We will listen to you – tell us how you feel and the challenges you experience every day.

## Supporting



We will support you and discuss strategies that will help build your resilience.

## Connecting



We will connect you to other health professionals and community services to help maintain positive mental health.

**We'll help you to improve your mental health and overall wellbeing. Above all, our work is transformative and really makes a difference.**

