If you are leaving prison, a prison leaver or homeless, then ***Signpost*** pulls together information about services that will help you find:

* Somewhere to live
* Support with your finances
* Suitable work or education
* Health Services
* People to support you
* Supportive Faith Communities.

There are over 450 organisations that can help you in The North East.

Choose the services you are interested in and where you will be living. Then enter your choices into [www.signpost.services](http://www.signpost.services). You will then receive a printed report of ***Your Signpost Services*** with phone numbers, addresses and other contact details for services that can help you.

**Name:** ……………………………………………………….. **Reference:** ………………………

**Tick all the services you would like information about:**

|  |  |
| --- | --- |
| **Somewhere to Live:**  🞏 Housing and Hostels  🞏 Day Centres – food and support for the homeless  **Finance and Work:**  🞏 Benefits, Debt and Financial Advice  🞏 Foodbanks – emergency supplies  🞏 Education, Training and Employment  **Health and Wellbeing:**  🞏 General Health – emergency services or ongoing treatment and care  🞏 Mental Health  🞏 Drug and Alcohol Services  🞏 Gambling Support Services  🞏 Counselling and Bereavement | **People to Help you:**  🞏 Support in Prison – advice, legal/immigration services, help for prisoners' families  🞏 Resettlement Support and Mentoring  🞏 Family Services – supporting family life  **Supportive Faith Communities:**  🞏 Christian Churches  🞏 Muslim Organisations  🞏 Other Faith Communities – Buddhist, Hindu, Sikh, Jewish and others |

**Tick which District, or Districts, you will be returning to:**

|  |  |
| --- | --- |
| 🞏 County Durham | 🞏 North Tyneside |
| 🞏 Darlington | 🞏 Northumberland |
| 🞏 Gateshead | 🞏 Redcar and Cleveland |
| 🞏 Hartlepool | 🞏 South Tyneside |
| 🞏 Middlesbrough | 🞏 Stockton-on-Tees |
| 🞏 Newcastle upon Tyne | 🞏 Sunderland |

**or provide a postcode:** ……………………………

Note; Housing and Medical services are available within your home district. Other services may be available from neighbouring districts.