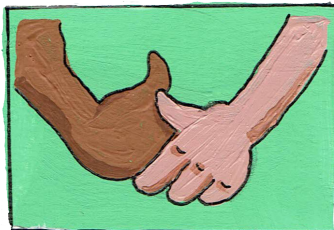




healthwatch
North Tyneside



Mental Health Support in North Tyneside



Details of groups and services that you can contact to self-refer for support with your mental health needs.

Most of the services provide free support, however some may incur charges. Please contact the service directly to find out more.



Anxious Minds - Supporting people to improve their mental wellbeing
0191 262 0305 info@anxiousminds.co.uk
www.anxiousminds.co.uk

Cruse Bereavement Care - Support for bereaved people
0191 276 5533 tyneside@cruse.org.uk
www.cruse.org.uk

Eating Distress North East - Support for anyone affected by eating distress
0191 221 0233 enquiries@edne.org.uk
www.edne.org.uk

Forward Assist - Advice and support for veterans
0191 250 4877 admin@forward-assist.com
www.forward-assist.com

In It Together - Self help and peer support for people with anxiety and depression
www.facebook.com/inittogetherwhitleybay

Launchpad North Tyneside - Mental health user involvement and community development
www.facebook.com/launchpadNT launchpadnt@gmail.com

Newcastle Bipolar Group - For anyone affected by bipolar including family, carers and friends
0333 323 3885 supportgroups@bipolaruk.org
www.bipolaruk.org

North Tyneside Art Studio (NTAS) - Creative arts studio to help improve and sustain good mental health
0191 296 1156 info.ntartstudio@gmail.com
www.northtynesideartstudio.org.uk

North Tyneside Carers' Centre - Information, advice and support for carers and cared for people
0191 643 2298 enquiries@ntcarers.co.uk
www.northtynesidecarers.org.uk

North Tyneside Recovery College - A safe space where people can connect, gain knowledge, develop skills and explore opportunities
0191 643 2628 ali.donkin@voda.org.uk
www.voda.org.uk/north-tyneside-recovery-college

Peer Talk - Support group for people experiencing depression
07719 562 617 enquiries@peertalk.org.uk
www.peertalk.org.uk

Pride in Mind - Social and support group for anyone LGBT+ with a mental health condition
07902 403 630 mish.loraine@netogether.co.uk

Rape Crisis Tyneside and Northumberland - For people who have experienced rape or sexual abuse
0800 035 2794 emailsupport@rctn.org.uk
www.rctn.org.uk

Self Injury Support Group - For anyone affected by self-injury, including family, carers and friends
07947 766 327 launchpadnt@gmail.com
www.facebook.com/launchpadNT

SomeOne Cares - Counselling service for anyone affected by abuse including family, carers and friends
0191 257 8094 enquiries@someonecares.org.uk
www.someonecares.org.uk

Supporting Stars - Informal peer support group
Supporting Stars Facebook Group weareallstars@yahoo.com

Talking Therapies - Provide psychological support to adults with common mental health problems
0191 295 2775 nhc-tr.northtynesidetalkingtherapies@nhs.net
www.northumbria.nhs.uk/talkingtherapies

Tyneside and Northumberland Mind - Support to promote positive mental health

0191 477 4545

admin@tynesidemind.org.uk

www.tynesidemind.org.uk

Tyneside Women's Health - Support for women's mental health

0191 477 7898

enquiries@tynesidewomenshealth.org.uk

www.tynesidewomenshealth.org.uk

Other sources of information

Self help guides - Introduction to self help techniques for a range of issues

www.ntw.nhs.uk/selfhelp

Living Well North Tyneside - Information about adult health and wellbeing services

www.livingwellnorthtyneside.co.uk

Healthwatch North Tyneside - For information and feedback about local health and social care services

0191 263 5321

info@hwnt.co.uk

www.healthwatchnorthtyneside.co.uk

If you need immediate support:

- For urgent help with your mental health contact the crisis and initial response services on 0800 652 2861.
- In an emergency call 999. Call 111 for local crisis services or finding your nearest A & E.
- For support 24 hours a day, 365 days a year, contact The Samaritans on 116 123 or email jo@samaritans.org.
- Text SHOUT to 85258 - free crisis text service 24/7. Text YM for specific support for under 25s.