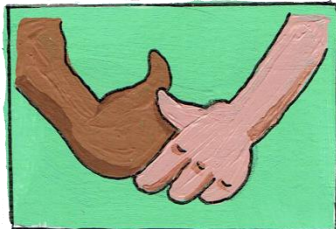


healthwatch
North Tyneside

info@hwnt.co.uk 0191 263 5321
www.hwnt.co.uk



For more copies of this Leaflet, contact Healthwatch North Tyneside

Mental Health Support in North Tyneside

Cover image by Jess Corner - instagram: jesserinartcorner



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.

Updated September 2025



Anxious Minds - Supporting people to improve their mental wellbeing.

Phone: 0191 262 0305

Email: info@anxiousminds.co.uk

Website: www.anxiousminds.co.uk

A Time 2 Talk - Non-judgmental confidential counselling service tailored to individual mental health needs.

Phone: 0753 889 1325

Email: atime2talk@hotmail.com

Website: www.atime2talk.co.uk/

Barnardos Young People & Families Team (The BASE) - A wide range of holistic support for young people ages 13 - 25 years.

Phone: 0191 253 2127

Email: BYPFT@barnardos.org.uk

Website: www.barnardos.org.uk/get-support/services/barnardos-young-people-families-team-128-targeted-youth-support-services

Cruse Bereavement Support - Support for bereaved people, including information, advice, groups and a helpline.

Phone: 0191 276 5533 (local support) or 0808 808 1677 (national helpline)

Email: tyneside@cruse.org.uk

Website: www.cruse.org.uk

Citizens Advice - Free, confidential, impartial and independent advice.

Phone: 0808 278 7822 **Website:** www.ntcab.org.uk/

Email: (webform) www.ntcab.org.uk/get-advice/email-us-for-a-generalist-ringback

Eating Distress North East - Support for anyone affected by eating distress.

Phone: 0191 221 0233 **Email:** enquiries@edne.org.uk

Website: www.edne.org.uk

Everyturn Mental Health - Self Referral to a range of support, including crisis support.

Phone: 0191 217 0377

Email: enquiries@everyturn.org **Website:** www.everyturn.org

Forward Assist - Advice and support for veterans.

Phone: 0191 250 4877

Email: admin@forward-assist.com

Website: www.forward-assist.com

Kooth - online platform to help young people with their mental health and wellbeing.

Website: www.kooth.com/

Key Enterprises - Practical support for adults with mental health needs.

Phone 0191 2701138

Email: reception@keyenterprises.com **Website:** www.key-enterprises.com

LifeSIGNS - Online information and support for self injury.

Website: www.lifesigns.org.uk/

Email: hello@lifesigns.org.uk

North Tyneside Art Studio (NTAS) - Creative arts studio to help improve and sustain good mental health.

Phone: 07586 821840

Email: info.ntartstudio@gmail.com

Website: www.northtynesideartstudio.org.uk

North Tyneside Carers' Centre - Information, advice and support for carers and cared for people.

Phone: 0191 249 6480

Email: enquiries@ntcarers.co.uk

Website: www.northtynesidecarers.org.uk

North Tyneside Safe Haven - The Anchorage - compassionate, practical out of hours support for people in mental health crisis in North Tyneside.

Phone: 0191 217 3203

Email: safehavennorthtyneside@everyturn.org

Website: www.everyturn.org/crisis-support/safe-havens

NT Life Recovery College - helping people learn new positive ways to deal with the stresses of life, understand themselves better and find purpose.

Phone: 0191 643 2626

Email: admin@voda.org.uk

Website: www.voda.org.uk/our-projects/ntlifecollege/

Peer Talk - Support group for people living with depression, anxiety or other distress.

Phone: 07719 562617

Email: enquiries@peertalk.org.uk

Website: www.peertalk.org.uk

Pride in Mind - Social and support group for anyone LGBT+ with a mental health condition.

Phone: 0790 240 3630

Email: mish@netogether.org.uk

Rape Crisis Tyneside and Northumberland - For people who have experienced rape or sexual abuse.

Phone: 0191 222 0272 or 0800 035 2794

Email: emailsupport@rctn.org.uk

Website: www.rctn.org.uk

enquiries@rctn.org.uk

SomeOne Cares - Counselling service for anyone affected by abuse, including family, carers and friends.

Phone: 0191 257 8094

Text: 0746 432 4031

Email: enquiries@someonecares.org.uk

Website: www.someonecares.org.uk

Supporting Stars - Informal peer support group.

Email: weareallstars@yahoo.com

Online: www.facebook.com/groups/52816582803268

NHS Talking Therapies - Provide psychological support to adults with common mental health problems.

Phone: 0191 295 2775

Email: nhc-tr.northtynesidetalkingtherapies@nhs.net

Website: www.northumbria.nhs.uk/talkingtherapies

Tyneside and Northumberland Mind - Support to promote positive mental health.

Phone: 0191 477 4545

Email: admin@tynesidemind.org.uk

Website: www.tynesidemind.org.uk

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

Phone: 0191 477 7898

Email: enquiries@tynesidewomenshealth.org.uk

Website: www.tynesidewomenshealth.org.uk

Young Person's Discovery College (DISCOVER ME) - Support and learning for 16 - 25 year olds.

Phone: 07541 344245 (Rachel Anderson) or 0191 643 2626 **Email:** discoverme@voda.org.uk

Website: www.voda.org.uk/our-projects/discoverme/

Other sources of information

NHS Self help guides - Self help techniques for a range of issues.

Website: www.selfhelp.cntw.nhs.uk

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

Website: www.livingwellnorthtyneside.co.uk

NHS Every Mind Matters - Information and advice about Mental Health, Wellbeing and Support.

Website: www.nhs.uk/every-mind-matters/

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

Phone: 0191 263 5321

Email: info@hwnt.co.uk

Website: www.hwnt.co.uk

If you need immediate support:

For urgent help with your mental health contact NHS 111, and select option 2 for Mental Health - This universal option replaces different numbers for Crisis Services depending on area. Call 111 for 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.

In an Emergency, Call 999