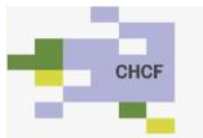


Mental Health Support in North Tyneside

This leaflet lists 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.



healthwatch
North Tyneside

www.healthwatchnorthtyneside.co.uk

December 2018

Anxious Minds - for people experiencing anxiety and depression

0191 262 0305

info@anxiousminds.co.uk

www.anxiousminds.co.uk/

Cruse Bereavement Care - for bereaved people

0191 276 5533

tyneside@cruse.org.uk

www.cruse.org.uk

DePaul - for young people affected by homelessness

0191 253 6161

north.east@depaulcharity.org.uk

<https://uk.depaulcharity.org/>

Forward Assist - for veterans

0191 250 4877

admin@forward-assist.com

www.forward-assist.com

Helping Hands - for young people

0191 258 5806

becky@pdyp.org

www.pdyp.org/

Launchpad North Tyneside - mental health user involvement

0191 233 0382

launchpadnt@gmail.com

<https://launchpadnt.wordpress.com/>

LEAPS (Listening Ear and Positive Support) - for people who are unemployed or living on state benefits

www.leapsonline.co.uk

aimeewilson@live.co.uk

NIWE (Eating Distress Service) - for anyone whose life is affected by eating distress

0191 221 0233

enquiries@niwe.org.uk

www.niwe.org.uk

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 - for carers and cared for people

0191 643 2298

enquiries@ntcarers.co.uk

www.northtynesidecarers.org.uk

Peer Talk - for people experiencing depression

07719 562 617

admin@peertalk.org.uk

www.peertalk.org.uk

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

07810 657292

mloraine@mh.org.uk

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

0800 035 2794

emailsupport@rctn.org.uk

<http://www.rctn.org.uk/>

Richmond Fellowship - provide floating support

0191 296 0967

NortheastCSS@Richmondfellowship.org.uk

www.richmondfellowship.org.uk/

Self Injury Support Group - for adults who have lived experience of self-harm or self-injury

07947 766327

launchpadncl@aol.com

Some One Cares - for survivors of abuse

0191 257 8094

enquiries@someonecares.org.uk

www.someonecares.org.uk

Supporting Stars - informal peer support group which meets at Costa Coffee, North Shields - Mondays at 5pm

weareallstars@yahoo.com

Talking Therapies - provide psychological support to adults with common mental health problems

0191 295 2775

www.northumbria.nhs.uk/talkingtherapies

Tyneside and Northumberland Mind - offer a range of support to promote positive mental health

0191 477 4545

admin@tynesidemind.org.uk

www.tynesidemind.org.uk

Tyneside Women's Health - support women's mental health

0191 477 7898

enquiries@tynesidewomenshealth.org.uk

www.tynesidewomenshealth.org.uk/

Weekend Friends - for people who find weekends difficult

07803 102322 (Keith)

weekendfriends1@outlook

If you need immediate support:

- For urgent help with your mental health contact the crisis and initial response services on 0303 123 1146
- 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