

Who can I talk to?

Worried about your
own mental health or
the mental health of
someone you know?



Caring | Discovering | Growing | **Together**

If you need help now

If you need urgent help with your mental health or learning disability you can get in touch with the Trust's Initial Response services. Open for anyone to call, 24 hours a day.

If you live in

- South Tyneside or Sunderland call 0303 123 1145
- North Tyneside or Northumberland call 0303 123 1146
- Newcastle or Gateshead call 0191 814 8899
- if you or another person have been harmed or are at immediate risk you may require an emergency response contact 999

Who else can I talk to?

- Visit your GP
- Call NHS 111 – open 24 hours a day, 365 days a year. They can tell you about your local crisis support services
- Psychological Wellbeing Services – for adults who are finding it difficult to cope, feel low, anxious, stressed, worried or are not sleeping properly. You can call direct.
 - * **Newcastle:** 282 6600
 - * **North Tyneside:** 295 2775
 - * **Northumberland:** 0300 3030 700
 - * **Sunderland:** 566 5454
 - * **South Tyneside:** 283 2937
 - * **Gateshead:** 283 2541

Recovery Colleges

A safe space where people can connect, gain knowledge and develop skills that support recovery from mental health problems. Courses are open to anyone who would find them helpful in their recovery from mental illness, substance misuse, trauma or distress.

For further information speak to a healthcare worker or visit www.ntw.nhs.uk/recovery

A range of 23 mental health self help guides are available at www.ntw.nhs.uk/selfhelp

Helplines

some services provide language support

- Childline – 0800 1111 (24 hrs)
- Mind Infoline – 0300 123 3393 (9am-6pm, Mon-Fri)
- Rethink Mental Illness Advice Line – 0300 5000 927 (9.30am-4pm, Mon-Fri)
- The Samaritans – 116 123 (24 hrs)
- SANE – 0300 304 7000 (4.30pm-10.30pm, everyday)
- Someone Cares (abuse) – 0191 257 8094 (9.30am-5pm, Mon-Fri)
- Streetwise (young people) – 0191 230 5533 (9am-5pm, M-F)
- Young Minds – 0808 802 5544 (9.30am-4pm, Mon-Fri)
- Switchboard LGBT+ helpline – 0300 330 0630 (10am-10pm everyday)

Northumberland, Tyne and Wear NHS Foundation Trust
LGBT+ Network email LGBT@ntw.nhs.uk

Mental health problems may be more common than you think. Many of us are affected by mental health difficulties at any time. This experience can be very painful, even though it may not be as visible as physical health issues like a broken arm. See the Time to Change anti stigma campaign
www.time-to-change-org.uk

