

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

**NHS**

Cumbria, Northumberland,  
Tyne and Wear  
NHS Foundation Trust

Who can I talk to?



## If you need help now

If you need urgent help with your mental health you can get in touch 24/7.

- Cumbria call 0800 652 2865
- Newcastle or Gateshead call 0800 652 2864
- North Tyneside or Northumberland call 0800 652 2861
- South Tyneside or Sunderland call 0800 652 2868

If you or another person have been harmed or are at immediate risk call 999.

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](http://www.time-to-change-org.uk)

# Useful websites

- **Every Mind Matters** - Mental health and self-care for young people. [www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/](http://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/)
- **Kooth** - an online mental wellbeing community. [www.kooth.com](http://www.kooth.com)
- **Young Minds** - Information about children and young people's mental health. [www.youngminds.org.uk/resources/](http://www.youngminds.org.uk/resources/)

A range of 23 mental health self help guides are available at [www.cntw.nhs.uk/selfhelp](http://www.cntw.nhs.uk/selfhelp)

## National helplines

some services provide language support

- **Beat Youthline** – provide support with eating disorders 0808 801 0711 (9am-8pm Mon-Fri, 4pm-8pm weekends)
- **Childline** – confidential advice and support 0800 1111 (7.30am-midnight Mon-Fri, 9am-midnight weekends)
- **FRANK** – advice and information about drugs 0300 123 6600 (24/7)
- **HopelineUK** – support if you feel suicidal 0800 068 4141 (9am-12 midnight, 7 days a week)
- **Mencap** – information and advice for people with learning disabilities and their families 0808 808 1111 (8am-6pm Mon-Fri)
- **Young Minds parents helpline** – 0808 802 5544 (9.30am-4pm Mon-Fri)
- **Young Minds Crisis Messenger** – if you need urgent help text YM to 85258
- **The Samaritans** – 116 123 (24 hrs)

