

**If you need urgent help,
call 24 hours a day, 7 days a week**

North Tyneside and Northumberland

Adults - 0800 652 2861

Children and young people - 0800 652 2861

**Text number for people who are Deaf and/or
have communication difficulties - 07887 625 277**

North Cumbria

Adults - 0800 652 2865

Children and young people - 0800 652 2865

**Text number for people who are Deaf and/or
have communication difficulties - 0779 565 6226**

Newcastle and Gateshead

Adults - 0800 652 2863

Children and young people - 0800 652 2864

**Text number for people who are Deaf and/or
have communication difficulties - 07919 228 548**

Sunderland and South Tyneside

Adults - 0800 652 2867

Children and young people - 0800 652 2868

**Text number for people who are Deaf and/or
have communication difficulties - 07889 036 280**

