

# Mental health self help and support



Cumbria, Northumberland,  
Tyne and Wear  
NHS Foundation Trust

Useful information about who you can contact if you are worried about your own mental health or the mental health of someone you know



Support booklet and handy wallet sized card - have you picked up yours?

**Self help and support**  
How you can help yourself  
www.cntw.nhs.uk/selfhelp

supported by  
NHS Newcastle Gateshead  
Clinical Commissioning Group

**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 hours a day, if you live in

- Cumbria call 0800 652 2865 Text number for people who are Deaf and/or have hearing difficulties 07795 656 226
- Newcastle or Gateshead call 0800 652 2863 Text number for people who are Deaf and/or have hearing difficulties 07819 228 548
- North Tyneside or Northumberland call 0800 652 2861 Text number for people who are Deaf and/or have hearing difficulties 07887 625 277
- South Tyneside or Sunderland call 0800 652 2867 Text number for people who are Deaf and/or have hearing difficulties 07889 036 280

If you or another person have been harmed or are at immediate risk and require an emergency response, call 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.
- Cumbria: 0300 123 9122 • Northumberland: 0300 3030 700
- Gateshead: 283 2541 • South Tyneside: 283 2937
- Newcastle: 282 6000 • Sunderland: 566 9454
- North Tyneside: 235 2775

Also available to order from [pic@cntw.nhs.uk](mailto:pic@cntw.nhs.uk)