



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

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 07919 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:** 0330 0534 230 \* **Sunderland:** 566 5454
  - \* **North Tyneside:** 295 2775

# 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.cntw.nhs.uk/recovery](http://www.cntw.nhs.uk/recovery)

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

## Helplines

some services provide language support

- Blue Light Infoline – 0300 303 5999 (9am-6pm, Mon-Fri)
- Childline – 0800 1111 (24 hrs)
- Mind Infoline – 0300 123 3393 (9am-6pm, Mon-Fri)
- No Panic – 0300 772 9844 (10am-10pm, everyday)
- Rethink Mental Illness Advice Line – 0808 801 0525 (9.30am-4pm, Mon-Fri)
- The Samaritans – 116 123 (24 hrs)
- SANE – 07984 967 708 (4.30pm-10.30pm, everyday)
- The Silver Line (older people) – 0800 470 8090 (24 hrs)
- Someone Cares (abuse) – 0191 257 8094 (9.30am-5pm, Mon-Fri)

## Websites

- The NHS website – [www.nhs.uk](http://www.nhs.uk)
- Every Mind Matters – [www.nhs.uk/oneyou/every-mind-matters/](http://www.nhs.uk/oneyou/every-mind-matters/)
- Northern Mental Health Support – [www.northernmental-health.org/](http://www.northernmental-health.org/)
- Every Life Matters – [www.every-life-matters.org.uk/find-support](http://www.every-life-matters.org.uk/find-support)
- Relaxation techniques – [www.cntw.nhs.uk/relaxation](http://www.cntw.nhs.uk/relaxation)