



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 are Deaf and/or have hearing difficulties and need urgent help with your mental health, you can get in touch, 24 hours a day. If you live in:

- Cumbria text: 07795 656 226
- Newcastle or Gateshead text: 07919 228 548
- North Tyneside or Northumberland text: 07887 625 277
- South Tyneside or Sunderland text: 07889 036 280
- Tees, Esk and Wear Valley use UK Relay, first dial: 18001 then 0800 0516 171

If you or another person have been harmed or are at immediate risk and require an emergency response, text or video relay BSL 999.

Who else can help?

- Your GP (family doctor)
- Samaritans via email: jo@samaritans.org
- Shout Deaf - text 85258
- NHS 111 - BSL Service
- TapSOS (app) - a non verbal way to connect with the emergency services

Useful videos



BSL mental health and crisis video provides information about what a crisis is and the help and support available to you



BSL mental health self help videos
www.cntw.nhs.uk/selfhelp



Useful resources

- **Sign Health** - health video library
<https://signhealth.org.uk/videotags/mental-health-self-help/>
- **North East Ambulance Service NHS Foundation Trust** - BSL videos
www.neas.nhs.uk/patient-info/british-sign-language-subtitled-videos.aspx
- **Tees, Esk and Wear Valley NHS Foundation Trust**
www.tewv.nhs.uk/services/crisis-advice/
- **Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust** - list of local and national support
www.cntw.nhs.uk/services/north-east-mental-health-deafness-service-walkergate-park/local-and-national-support/
- **Sign Directory**
<https://signvideo.co.uk/sign-directory/>
- **SignLive App** - community directory - you will need to register <https://signlive.co.uk/>