

Mental health self help and support

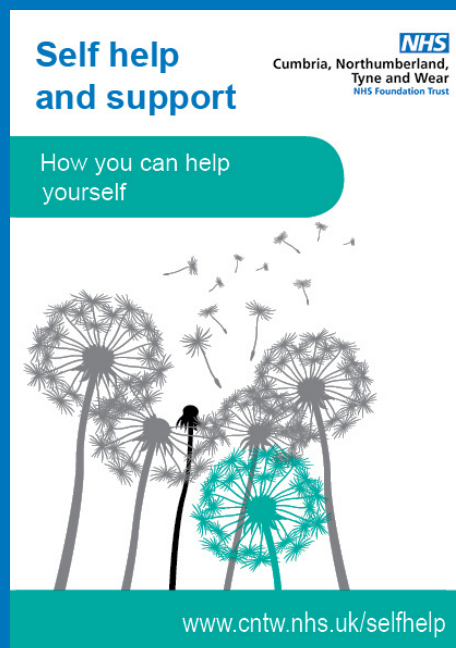


Cumbria, Northumberland,
Tyne and Wear
NHS Foundation Trust

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?



Also available to order from pic@cntw.nhs.uk