

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, or someone you know, are in a mental health crisis, **you can now call NHS 111 and select option 2 for urgent mental health support.** NHS 111 is available 24/7, every day.

If you are D/deaf or have hearing loss, you can contact NHS 111 using SignVideo <https://signvideo.co.uk/nhs111/> or the 18001 111 Relay UK app.

If you or another person have been harmed or are at immediate risk you may require an emergency response. Contact 999 and ask for the relevant service.

Who else can I talk to?

- Visit your GP
- Talking Therapy 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 issues. 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



A range of 23 mental health self help guides are available at www.cntw.nhs.uk/selfhelp

Helplines

some services provide
language support

- Blue Light Together – 0300 303 4434 (8am-8pm, everyday)
- 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 – 0300 304 7000 (4pm-10pm, 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
- Every Mind Matters – www.nhs.uk/every-mind-matters/
- Northern Mental Health Support – www.northernmental-health.org/
- Every Life Matters – www.every-life-matters.org.uk/find-support
- Relaxation techniques – www.cntw.nhs.uk/relaxation