



healthwatch
North Tyneside



Mental Health Support in North Tyneside



Details of groups and services that you can contact to self-refer for support with your mental health needs.

Most of the services provide free support, however some may incur charges. Please contact the service directly to find out more.



Anxious Minds - Supporting people to improve their mental wellbeing
0191 262 0305 info@anxiousminds.co.uk
www.anxiousminds.co.uk

Cruse Bereavement Care - Support for bereaved people
0191 276 5533 tyneside@cruse.org.uk
www.cruse.org.uk

Forward Assist - Advice and support for veterans
0191 250 4877 admin@forward-assist.com
www.forward-assist.com

In It Together

Self-help and peer support for people with anxiety and depression
www.facebook.com/inittogetherwhitleybay

Launchpad North Tyneside

Mental health user involvement and community development
www.facebook.com/launchpadNT launchpadnt@gmail.com

LEAPS (Listening Ear and Positive Support)

For people who are unemployed or living on state benefits
www.leapsonline.co.uk leapsonline@gmail.com

Newcastle Bipolar Group

For anyone affected by bipolar including family, carers and friends
0333 323 3885 supportgroups@bipolaruk.org
www.bipolaruk.org

NIWE (Eating Distress Service)

Support for anyone affected by eating distress
0191 221 0233 enquiries@niwe.org.uk
www.niwe.org.uk

North Tyneside Art Studio (NTAS)

Creative arts studio to help improve and sustain good mental health
0191 296 1156 info.ntartstudio@gmail.com
www.northtynesideartstudio.org.uk

North Tyneside Carers' Centre

Information, advice and support for carers and cared for people

0191 643 2298

enquiries@ntcarers.co.uk

www.northtynesidecarers.org.uk

North Tyneside Recovery College - A safe space where people can connect, gain knowledge, develop skills and explore opportunities

0191 643 2628

ali.donkin@voda.org.uk

www.voda.org.uk/north-tyneside-recovery-college

Peer Talk - Support group for people experiencing depression

07719 562 617

enquiries@peertalk.org.uk

www.peertalk.org.uk

Pride in Mind

Social and support group for anyone LGBT+ with a mental health condition

07902 403630

mish.loraine@netogether.co.uk

Rape Crisis Tyneside and Northumberland

For people who have experienced rape or sexual abuse

0800 035 2794

emailsupport@rctn.org.uk

www.rctn.org.uk

Self-Injury Support Group

For anyone affected by self-injury, including family, carers and friends

07947 766327

launchpadnt@gmail.com

www.facebook.com/launchpadNT

SomeOne Cares - Counselling service for anyone affected by abuse, including family, carers and friends

0191 257 8094

enquiries@someonecares.org.uk

www.someonecares.org.uk

Supporting Stars - Informal peer support group

Supporting Stars Facebook group weareallstars@yahoo.com

Talking Therapies

Provides psychological support to adults with common mental health problems

0191 295 2775

nhc-tr.northtynesidetalkingtherapies@nhs.net

www.northumbria.nhs.uk/talkingtherapies

Tyneside and Northumberland Mind

Support to promote positive mental health

0191 477 4545

admin@tynesidemind.org.uk

www.tynesidemind.org.uk

Tyneside Women's Health - Support for women's mental health

0191 477 7898

enquiries@tynesidewomenshealth.org.uk

www.tynesidewomenshealth.org.uk

Weekend Friends - For people who find weekends difficult

07803 102322 (Keith)

[Weekend Friends Facebook group](#)

Other sources of information

Self help guides - Introduction to self help techniques for a range of issues

www.ntw.nhs.uk/selfhelp

SIGN North Tyneside - Information about adult health and wellbeing services

www.sign-nt.co.uk

Healthwatch North Tyneside

Information and feedback about local health and social care services

0191 263 5321

info@hwnt.co.uk

www.healthwatchnorthtyneside.co.uk

Tyneside Mind - Information to support wellbeing and resilience

www.tynesidemind.org.uk

NIWE - Resources on eating distress

www.niwe.org.uk/coronavirus-information-further-support/

Free Psychological First Aid course

Supporting people with differing needs to cope with COVID

www.futurelearn.com/courses/psychological-first-aid-covid-19

If you need immediate support:

- For urgent help with your mental health contact the crisis and initial response services on 0800 652 2861.
- In an emergency call 999. Call 111 for local crisis services or finding your nearest A & E.
- For support 24 hours a day, 365 days a year, contact The Samaritans on 116 123 or email jo@samaritans.org.
- Text SHOUT to 85258 - free crisis text service 24/7. Text YM for specific support for under 25s.