

Mental Health Support in Gateshead

Our mental health support in Gateshead booklet was created to help people find local services that can support them around mental health and wellbeing.

This booklet contains a link to the service website for more information. If you are accessing this booklet digitally, click on the Facebook or Twitter icon to be taken to the service's social media pages.

If you see this **Recite**^{me} logo, it means you can access the Recite me tool from that website. This tool allows you to translate the page into several languages, change font size and style, have text read back to you and more. You can also use your browser's print function to print information with these changes.

We promote and raise awareness of local services, campaigns and digital tools from our **Better Health Gateshead** social media accounts. **Follow us** for more information.



Facebook: www.facebook.com/BetterHealthGateshead

Twitter: <https://twitter.com/BHGateshead>



You can access more of our **Making Every Contact Count Gateshead** resources from of public library:

<https://khub.net/web/making-every-contact-count-gateshead/>

If you notice a mistake in this resource, please email us at mecc@gateshead.gov.uk

If someone you know is at immediate risk of suicide, self harm or injury, call:

999



Other services who can offer urgent support

Samaritans
Call: 116 123

**Crisis Resolution and Home Treatment Team –
Newcastle and Gateshead**

Call: 0191 814 8899
Freephone: 0800 652 2863
Text*: 07919 228 548

*For people who are Deaf and/ or have communication difficulties

HOPELINEUK

For children and young people under the age of 35

Call: 0800 068 4141
Text: 07860 039 967















Childline

Call: 0800 1111
Online chat: www.childline.org.uk

Call 111 or visit 111.nhs.uk if you urgently need help but it is not a life threatening situation

Mental Health Support in Gateshead



	 www.nufoundation.org.uk/beagamechanger	 
	www.barnardos.org.uk/what-we-do/services	 
	 www.changing-lives.org.uk	 
	www.chillistudios.co.uk	 
	https://citizensadvicegateshead.org.uk	 
	www.communitycounsellingcooperative.co.uk	
	 www.connectedvoice.org.uk/services/advocacy	 
	www.creativesupport.co.uk	 

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 <p>Cruse Bereavement Support</p>	www.cruse.org.uk	 
 <p>ed eating distress north east</p>	www.edne.org.uk	 
 <p>Gateshead Clubhouse</p>	www.gatesheadclubhouse.com	 
 <p>bringing words to life! Gateshead Libraries</p>	 <p>www.gateshead.gov.uk/Libraries</p>	 
<p>Gateshead Talking Therapies ☎ 0191 283 2541</p>	www.gatesheadtalkingtherapies.nhs.uk	
 <p>EVERYTURN Mental Health</p>	 <p>https://www.everyturn.org/</p>	 
 <p>mhM mentalhealthmatters™</p>	www.mhm.org.uk	
 <p>Mind Tyneside and Northumberland</p>	 <p>www.tynesidemind.org.uk</p>	 

Mental Health Support in Gateshead



 Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust	 www.cntw.nhs.uk	 
 Gateshead Health NHS Foundation Trust	www.gatesheadhealth.nhs.uk/	 
 South Tyneside and Sunderland NHS Foundation Trust	www.stsft.nhs.uk	 
 NORTH EAST COUNSELLING SERVICES	www.necounselling.org.uk	 
 PeerTalk	www.peertalk.org.uk/	 
 RECOVERY COLLEGE COLLECTIVE	www.recoverycoco.com	 
 RICHMOND FELLOWSHIP MAKING RECOVERY REALITY	www.richmondfellowship.org.uk	 
 SAMARITANS	www.samaritans.org/branches/newcastle	 

Asylum seekers and refugees



www.peaceofmindnortheast.org.uk

Carers Services

**CARERS
TRUST**

Tyne and Wear



www.carerstrusttw.org.uk

Gateshead
Carers



Recite^{me}

www.gatesheadcarers.com



Children and Young People (under 35)

childline

ONLINE, ON THE PHONE, ANYTIME

Recite^{me}

www.childline.org.uk



Recite^{me}

www.children-ne.org.uk



Mental Health Support in Gateshead



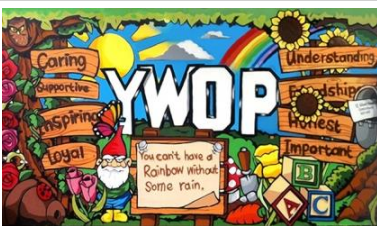
www.papyrus-uk.org



Free confidential advice & information for young people



www.streetwisenorth.org.uk



www.ywop.co.uk

Emergency Services



www.mind.org.uk/news-campaigns/campaigns/blue-light-programme

Housing support



www.2waytenancy.co.uk



www.gatesheadhousing.co.uk

Mental Health Support in Gateshead



www.homegroup.org.uk



homeless link



www.homeless.org.uk

karbon
homes



www.karbonhomes.co.uk

Shelter



<https://england.shelter.org.uk>

Learning Disabilities


Cumbria, Northumberland,
Tyne and Wear
NHS Foundation Trust

**Gateshead
Community Team
Learning Disability**

Recite^{me}

www.cntw.nhs.uk/services/community-learning-disability-service-gateshead-ntw195



www.skills4work.org



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www.yvc.org.uk

Mental Health Support in Gateshead



Men only



<https://andysmanclub.co.uk>

Older people (50+)



www.ageuk.org.uk/gateshead



www.gatesheadopa.org.uk



Gateshead Health
NHS Foundation Trust

**Community
Mental Health for
Older People**

www.qegateshead.nhs.uk/services/community-mental-health-for-older-people

Veterans



www.armedforcesoutreachservice.org

Mental Health Support in Gateshead



www.veteransatease.org/



Veterans' Mental Health
Transition, Intervention
and Liaison Service



[www.tewv.nhs.uk/ services/op-courage](http://www.tewv.nhs.uk/services/op-courage)



<https://walkingwiththewounded.org.uk>

Women only



www.tynesidewomenshealth.org.uk

Online Support



<https://web.ntw.nhs.uk/selfhelp>



www.nhs.uk/every-mind-matters

Mental Health Support in Gateshead



www.kooth.com



www.nhs.uk/mental-health



<https://sidebyside.mind.org.uk>

Other support

Gateshead service user



Join the forum to help shape and improve CNTW's services

www.cntw.nhs.uk/resource-library/gateshead-service-user-forum



Learn more about the free Priority Services Membership

Recite^{me}

www.northernpowergrid.com/care



Online directory of local services and support

Recite^{me}

www.ourgateshead.org



Find out about volunteering opportunities

www.royalvoluntaryservice.org.uk

