

# Mental Health Support in Gateshead

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

This booklet has 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 logo **Recite**<sup>me</sup> it means you can access the Recite me tool from the website. This tool allows you to translate the page into a number of 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](http://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 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](http://www.childline.org.uk)

**Call 111 or visit [111.nhs.uk](http://111.nhs.uk) if you urgently need help but it is not a life threatening situation**

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[www.nufoundation.org.uk/beagamechanger](http://www.nufoundation.org.uk/beagamechanger)



[www.barnardos.org.uk/what-we-do/services](http://www.barnardos.org.uk/what-we-do/services)

**CHANGING LIVES**



[www.changing-lives.org.uk](http://www.changing-lives.org.uk)



[www.chillistudios.co.uk](http://www.chillistudios.co.uk)



<https://citizensadvicegateshead.org.uk>



[www.communitycounsellingcooperative.co.uk](http://www.communitycounsellingcooperative.co.uk)



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[www.connectedvoice.org.uk/services/advocacy](http://www.connectedvoice.org.uk/services/advocacy)



[www.creativesupport.co.uk](http://www.creativesupport.co.uk)

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[www.cruse.org.uk](http://www.cruse.org.uk)



[www.edne.org.uk](http://www.edne.org.uk)



Gateshead Clubhouse

[www.gatesheadclubhouse.com](http://www.gatesheadclubhouse.com)



bringing words to life!  
Gateshead  
Libraries

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[www.gateshead.gov.uk/Libraries](http://www.gateshead.gov.uk/Libraries)



**Gateshead Talking  
Therapies** ☎ 0191 283 2541

[www.gatesheadtalkingtherapies.nhs.uk](http://www.gatesheadtalkingtherapies.nhs.uk)

MENTAL<sup>©</sup>  
HEALTH  
CONCERN

[www.mentalhealthconcern.org](http://www.mentalhealthconcern.org)



**mh<sup>m</sup>**  
mentalhealthmatters™

[www.mhm.org.uk](http://www.mhm.org.uk)



Tyneside and  
Northumberland

**Recite**<sup>me</sup>

[www.tynesidemind.org.uk](http://www.tynesidemind.org.uk)



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|  |   |   |
|--|---|---|
|  <p>Cumbria, Northumberland,<br/>Tyne and Wear<br/>NHS Foundation Trust</p> |  <p><a href="http://www.cntw.nhs.uk">www.cntw.nhs.uk</a></p> |       |
|  <p>Gateshead Health<br/>NHS Foundation Trust</p>                           | <p><a href="http://www.qegateshead.nhs.uk">www.qegateshead.nhs.uk</a></p>   |       |
|  <p>South Tyneside and Sunderland<br/>NHS Foundation Trust</p>              | <p><a href="http://www.stsft.nhs.uk">www.stsft.nhs.uk</a></p>   |       |
|  <p>NORTH EAST<br/>COUNSELLING<br/>SERVICES</p>                            | <p><a href="http://www.necounselling.org.uk">www.necounselling.org.uk</a></p>   |     |
|  <p>PeerTalk</p>  | <p><a href="http://www.peertalk.org.uk/">www.peertalk.org.uk/</a></p>   |   |
|  <p>RECOVERY COLLEGE COLLECTIVE</p>                                       | <p><a href="http://www.recoverycoco.com">www.recoverycoco.com</a></p>   |   |
|  <p>RICHMOND<br/>FELLOWSHIP<br/>MAKING RECOVERY REALITY</p>               | <p><a href="http://www.richmondfellowship.org.uk">www.richmondfellowship.org.uk</a></p>   |   |
|  <p>SAMARITANS</p>  | <p><a href="http://www.samaritans.org/branches/newcastle">www.samaritans.org/branches/newcastle</a></p>                                       |   |

# Mental Health Support in Gateshead



## Asylum seekers and refugees



[www.peaceofmindnortheast.org.uk](http://www.peaceofmindnortheast.org.uk)

## Carers Services



[www.carerstrusttw.org.uk](http://www.carerstrusttw.org.uk)



[www.gatesheadcarers.com](http://www.gatesheadcarers.com)

## Children and Young People (under 35)



[www.childline.org.uk](http://www.childline.org.uk)



[www.children-ne.org.uk](http://www.children-ne.org.uk)

# Mental Health Support in Gateshead



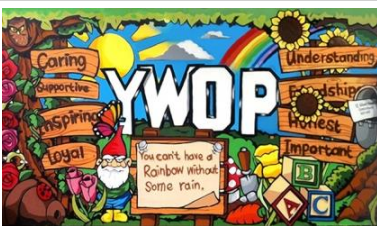
[www.papyrus-uk.org](http://www.papyrus-uk.org)



Free confidential advice & information for young people



[www.streetwisenorth.org.uk](http://www.streetwisenorth.org.uk)



[www.ywop.co.uk](http://www.ywop.co.uk)

## Emergency Services



[www.mind.org.uk/news-campaigns/campaigns/blue-light-programme](http://www.mind.org.uk/news-campaigns/campaigns/blue-light-programme)

## Housing support



[www.2waytenancy.co.uk](http://www.2waytenancy.co.uk)



[www.gatesheadhousing.co.uk](http://www.gatesheadhousing.co.uk)

# Mental Health Support in Gateshead



[www.homegroup.org.uk](http://www.homegroup.org.uk)



homeless link



[www.homeless.org.uk](http://www.homeless.org.uk)

**karbon**  
homes



[www.karbonhomes.co.uk](http://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**

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[www.cntw.nhs.uk/services/community-learning-disability-service-gateshead-ntw195](http://www.cntw.nhs.uk/services/community-learning-disability-service-gateshead-ntw195)



[www.skills4work.org](http://www.skills4work.org)



**Recite**<sup>me</sup>

[www.yvc.org.uk](http://www.yvc.org.uk)



# Mental Health Support in Gateshead



## Men only



<https://andysmanclub.co.uk>

## Older people (50+)



[www.ageuk.org.uk/gateshead](http://www.ageuk.org.uk/gateshead)



[www.gatesheadopa.org.uk](http://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](http://www.qegateshead.nhs.uk/services/community-mental-health-for-older-people)

## Veterans



[www.armedforcesoutreachservice.org](http://www.armedforcesoutreachservice.org)

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<https://walkingwiththewounded.org.uk>



Veterans' Mental Health  
Transition, Intervention  
and Liaison Service



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

## Women only



[www.tynesidewomenshealth.org.uk](http://www.tynesidewomenshealth.org.uk)

## Online Support



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



[www.nhs.uk/every-mind-matters](http://www.nhs.uk/every-mind-matters)



[www.kooth.com](http://www.kooth.com)

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[www.nhs.uk/mental-health](http://www.nhs.uk/mental-health)



[www.qwell.io/](http://www.qwell.io/)



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



[www.signpostnenc.co.uk](http://www.signpostnenc.co.uk)



[www.stopsuicidenenc.org](http://www.stopsuicidenenc.org)



<https://togetherall.com>

## Other support

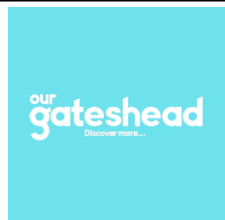


[www.northernpowergrid.com/care](http://www.northernpowergrid.com/care)

# Mental Health Support in Gateshead



[www.royalvoluntaryservice.org.uk](http://www.royalvoluntaryservice.org.uk)



[www.ourgateshead.org](http://www.ourgateshead.org)