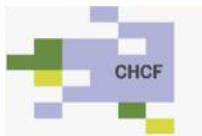


# Mental Health Support in North Tyneside

This leaflet lists 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.



**healthwatch**  
North Tyneside

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

December 2018

**Anxious Minds** - for people experiencing anxiety and depression

0191 262 0305

[info@anxiousminds.co.uk](mailto:info@anxiousminds.co.uk)

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

**Cruse Bereavement Care** - for bereaved people

0191 276 5533

[tyneside@cruse.org.uk](mailto:tyneside@cruse.org.uk)

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

**DePaul** - for young people affected by homelessness

0191 253 6161

[north.east@depaulcharity.org.uk](mailto:north.east@depaulcharity.org.uk)

<https://uk.depaulcharity.org/>

**Forward Assist** - for veterans

0191 250 4877

[admin@forward-assist.com](mailto:admin@forward-assist.com)

[www.forward-assist.com](http://www.forward-assist.com)

**Helping Hands** - for young people

0191 258 5806

[becky@pdyp.org](mailto:becky@pdyp.org)

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

**Launchpad North Tyneside** - mental health user involvement

0191 233 0382

[launchpadnt@gmail.com](mailto:launchpadnt@gmail.com)

<https://launchpadnt.wordpress.com/>

**LEAPS** (Listening Ear and Positive Support) - for people who are unemployed or living on state benefits

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

[aimeewilson@live.co.uk](mailto:aimeewilson@live.co.uk)

**NIWE** (Eating Distress Service) - for anyone whose life is affected by eating distress

0191 221 0233

[enquiries@niwe.org.uk](mailto:enquiries@niwe.org.uk)

[www.niwe.org.uk](http://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](mailto:info.ntartstudio@gmail.com)**

**[www.northtynesideartstudio.org.uk](http://www.northtynesideartstudio.org.uk)**

**North Tyneside Carers Centre** - for carers and cared for people

**0191 643 2298**

**[enquiries@ntcarers.co.uk](mailto:enquiries@ntcarers.co.uk)**

**[www.northtynesidecarers.org.uk](http://www.northtynesidecarers.org.uk)**

**Peer Talk** - for people experiencing depression

**07719 562 617**

**[admin@peertalk.org.uk](mailto:admin@peertalk.org.uk)**

**[www.peertalk.org.uk](http://www.peertalk.org.uk)**

**Pride in Mind** - social and support group for anyone LGBT+ with a mental health condition

**07810 657292**

**[mloraine@mh.org.uk](mailto:mloraine@mh.org.uk)**

**Rape Crisis Tyneside and Northumberland** - for people who have experienced rape or sexual abuse

**0800 035 2794**

**[emailsupport@rctn.org.uk](mailto:emailsupport@rctn.org.uk)**

**<http://www.rctn.org.uk/>**

**Richmond Fellowship** - provide floating support

**0191 296 0967**

**[NortheastCSS@Richmondfellowship.org.uk](mailto:NortheastCSS@Richmondfellowship.org.uk)**

**[www.richmondfellowship.org.uk/](http://www.richmondfellowship.org.uk/)**

**Self Injury Support Group** - for adults who have lived experience of self-harm or self-injury

**07947 766327**

**[launchpadncl@aol.com](mailto:launchpadncl@aol.com)**

Some One Cares - for survivors of abuse

0191 257 8094

[enquiries@someonecares.org.uk](mailto:enquiries@someonecares.org.uk)

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

Supporting Stars - informal peer support group which meets at Costa Coffee, North Shields - Mondays at 5pm

[weareallstars@yahoo.com](mailto:weareallstars@yahoo.com)

Talking Therapies - provide psychological support to adults with common mental health problems

0191 295 2775

[www.northumbria.nhs.uk/talkingtherapies](http://www.northumbria.nhs.uk/talkingtherapies)

Tyneside and Northumberland Mind - offer a range of support to promote positive mental health

0191 477 4545

[admin@tynesidemind.org.uk](mailto:admin@tynesidemind.org.uk)

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

Tyneside Women's Health - support women's mental health

0191 477 7898

[enquiries@tynesidewomenshealth.org.uk](mailto:enquiries@tynesidewomenshealth.org.uk)

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

Weekend Friends - for people who find weekends difficult

07803 102322 (Keith)

[weekendfriends1@outlook](mailto:weekendfriends1@outlook)

## If you need immediate support:

- For urgent help with your mental health contact the crisis and initial response services on 0303 123 1146
- 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](mailto:jo@samaritans.org)