



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

Connect@Cafe32 - for people who are low and struggle to meet people
0191 257 8000 rebecca.southern@voda.org.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
0191 233 0382 launchpadnt@gmail.com
www.launchpadnt.wordpress.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

Mental Health Mates - walking and talking peer support group
www.mentalhealthmates.co.uk mentalhealthmates@gmail.co.uk

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 admin@peertalk.org.uk
www.peertalk.org.uk

Pride in Mind - social and support group for anyone LGBT+ with a mental health condition
07810 657292 mloraine@mhm.org.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.launchpadnt.wordpress.com

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 which meets at Costa Coffee, North Shields - Mondays at 5pm

www.facebook.com/SS1234

weareallstars@yahoo.com

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

0191 295 2775

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)

weekendfriends1@outlook.com

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 - for information and feedback about local health and social care services

0191 263 5321

info@hwnt.co.uk

www.healthwatchnorthtyneside.co.uk

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