

## Mental Health Resources

The following is a list of local services and resources which have been recommended by other professionals. We hope that you find them useful in helping you to manage your mental health.

We do, however, still strongly encourage anyone who is struggling with their mental health to talk to their GP about it, especially if they are self harming or having thoughts of suicide. If you find it easier, you can complete an online consultation via our website. A GP will then triage your online consultation, and then get in touch with you with a plan for follow up (such as arranging an appointment for you).

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### Adults

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#### Local services

##### *Talking Helps Newcastle*

The local psychology service. They have lots of resources on their website (click on "resources" tab in top right hand corner) and you can also refer yourself for free psychological therapies through their website or by phoning them.

<https://www.talkinghelpsnewcastle.org/>

0191 282 6600

##### *Anxious Minds*

Offers support to adults and young people with a range of mental health issues. They provide a range of services including counselling, group sessions and workshops.

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

0191 262 0305

##### *Qwell*

Free NHS counselling and emotional wellbeing service available to anyone aged 26 or over living in Newcastle or Gateshead. Offers professional support and counselling and is accredited by the British Association for Counselling and Psychotherapy. Free, anonymous access to resources, an online community, and live messaging with an online support team. Users can drop in or book one-to-one online chat sessions. Available from noon to 10pm on weekdays and 6pm to 10pm on weekends, 365 days a year.

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

##### *Streetwise*

This service provides a range of health and wellbeing support services for young people aged 11 to 25yrs.

<https://www.streetwisenorth.org.uk/>

##### *Tyneside Women's Health*

Offers a wide range of services for women. Including courses, support groups, counselling, social and creative activities, drop-in sessions.

<https://www.tynesidewomenshealth.org.uk>

*CALM (Campaign Against Living Miserably)*

Mostly targeted towards men. Lots of information and advice on website. Free confidential helpline and webchat 5pm until midnight 365 days a year.

0800 58 58 58

[www.thecalmzone.net](http://www.thecalmzone.net)

*Recovery College*

Offers a wide range of courses related to mental health and wellbeing.

<https://www.recoverycollegeonline.co.uk>

## **Resources**

*Websites:*

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

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

<https://northernmentalhealth.org/coping-strategies>

*Videos:*

Loneliness video:

[https://www.youtube.com/watch?v=n3Xv\\_q3g-mA](https://www.youtube.com/watch?v=n3Xv_q3g-mA)

Gratitude video:

[https://www.youtube.com/results?search\\_query=kurzgesagt+gratitude](https://www.youtube.com/results?search_query=kurzgesagt+gratitude)

*Apps:*

Calm

Headspace

The Worry Tree (NHS, free)

*Books:*

Feel Better in 5 by Dr Chaterjee

The Chimp Paradox by Prof Steve Peters

Frazzled by Ruby Wax

Mindfulness for Mums by Izzy Judd

## Help with sleep

Websites:

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

<https://www.moodjuice.scot.nhs.uk/sleepproblems.asp>

Apps:

Headspace

Calm

## Support after a bereavement

There is a leaflet about bereavement available on this website:

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

*Cruse*

Cruse is an organisation that offers support to people who have been bereaved. There is a lot of information on their website about coping with grief, and they have special sections about bereavement when someone has died in by suicide or in a traumatic way. They also have a helpline you can call, and there is a chat service available through their website for people aged over 18 years.

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

0808 808 1677

*Support After Suicide Partnership*

Lots of information and advice on their website, and signposting to other services.

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

## Help with suicidal thoughts

*Papyrus (Prevention of Young Suicide)*

Papyrus is a service for children and people aged under 35 years who are experiencing thoughts of suicide. Their website contains lots of information and advice for the person themselves, and for people who are worried about someone else who is/might be experiencing thoughts about suicide. They also have a confidential helpline through which you can access support and practical advice.

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

0800 068 4141 (9am – midnight, every day of the year)

## Help in a crisis

### *The Crisis Team*

An NHS services that provides support for people who are at a crisis point – for example when they feel they can't keep themselves or other people safe. They are available 24/7 and patients can self-refer by telephoning them on 0191 814 8899.

### *Samaritans*

An organisation you can ring if at any time of the day or night. They will help you and listen to how you're feeling. You can ring them on 116 123. You can also email them at [jo@samaritans.org](mailto:jo@samaritans.org) (response time 24 hours)

### *Give Us A Shout*

Free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. Text "SHOUT" to 85258.

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

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## Addictions

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### *NECA*

NECA, in partnership with Gamcare, provides a range of free support for people who gamble, as well as friends and family who are affected.

<https://www.neca.co.uk/gambling/>

NECA Gambling: 0191 562 3309

National Helpline: 0800 8020 133

### *NTaR*

NTaR covers all of the drug and alcohol services within Newcastle. You can refer yourself by telephoning them.

0191 206 1117

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## Children and Young People

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### Resources

#### Websites:

##### *Young Minds*

For mental health issues in young people

<https://youngminds.org.uk>

##### *Self Harm UK*

For young people who self-harm

<https://www.selfharm.co.uk>

##### *WellCast*

YouTube videos to help emotional well-being

<https://www.youtube.com/user/watchwellcast>

##### *Happy Maps*

Mental health resources, separated into sections for children and young people of different ages. Advice for parents.





<https://www.happymaps.co.uk>



##### *Kooth.com*

Kooth.com is an online service providing advice and support for young people aged 11 to 18, including confidential counselling that you can access free of charge

#### Apps:

The following apps have been checked by local mental health providers as suitable for young people:

<b>SAM app (Self-help for Anxiety Management)</b>		For all ages. Users can record their anxiety levels and identify different triggers, and manage symptoms
<b>Calm Harm app</b>		For YP who have already started the process of gaining an understanding of their self-harm issues. Provides tasks to resist or manage the urge to self harm. 4 tasks – distract, comfort, express, release.
<b>WorryTime app</b>		Ages 12+. Allows users to control everyday stress and anxiety by acting as a place to store your daily worries.
<b>Virtual Hope app</b>		Simple tools to help patients with coping, relaxation, distraction and positive thinking.

<b>Smiling Minds app</b>		For all ages (from 7 years+). Guided meditations, bite size options, categorised in age groups. Helps with thoughts and feelings and to self-check on mood.
<b>Mindfulness Daily app</b>		For all ages, for stress, anxiety and depression. Includes advice, tips and tools to improve mental health and well-being.

## Services

### *YoungMinds Crisis Messenger*

Provides free crisis support if you are having a crisis – it's every day of the week, at any time day or night. You just need to text YM to 85258. All texts are answered by trained volunteers, with support from experienced clinical supervisors. Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

<https://youngminds.org.uk>

### *Papyrus (Prevention of Young Suicide)*

Gives advice and support for young people who feel like they want to take their own life, and all their advice is confidential. This service can also be used by people who are worried about a young person who is, or might be, experiencing suicidal thoughts.

<https://www.papyrus-uk.org>

You can ring their help line, HOPELineUK, on 0800 068 41 41 (9am – midnight, every day of the year) or you can text them on 07786 209 687.

### *Samaritans*

An organisation you can ring if at any time of the day or night. They will help you and listen to how you're feeling. You can ring them on 116 123. You can also email them at [jo@samaritans.org](mailto:jo@samaritans.org) (response time 24 hours)

### *Childline*

Childline will help you if you're under 19 and you can confidentially call, email, or chat online about any problem big or small. Their freephone 24 hour helpline is 0800 1111. You can sign up for a childline account on the website to be able to message a counsellor anytime without using your email address. Or you can chat 1:1 with an online advisor.

<https://www.childline.org.uk>

### *D'n'A*

D'n'A provides help, support and advice about drugs and alcohol to young people living in Newcastle who are under the age of 18. The service works closely with clinical provision.

0800 953 3210

<https://www.talktofrank.com/treatment-centre/dna-services-young-people>

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## Advice for Carers and Parents

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Advice for people caring for someone with a mental health problem:

<https://www.mind.org.uk/information-support/helping-someone-else/carers-friends-family-coping-support/supporting-someone-with-a-mental-health-problem/>

Advice for parents on managing anxiety in their children:

<https://childmind.org/article/what-to-do-and-not-do-when-children-are-anxious/>

Advice for parents about when to be worried, how to start conversations about mental health with children/young people, and parenting tips:

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

### *Papyrus*

Papyrus provide help and support for people who are concerned about a young person (aged under 35 years) who is/might be experiencing suicidal thoughts. See above sections on Adult and Child resources for contact details.

### *NECA*

NECA, in partnership with Gamcare, provides support for family and friends of people who are addicted to gambling.

<https://www.neca.co.uk/gambling/>

NECA Gambling: 0191 562 3309

National Helpline: 0800 8020 133

### *Props*

A service that aims to improve the lives of families affected by alcohol and drug use.

<https://props.org.uk>

0191 226 3440