**Feeling down or anxious?**

The last couple of years have been tough for us all. If you need a helping hand with your mental health, there is a range of services to support you without the need for referral. And of course you can always speak with your practice team.

**If you need urgent help for your mental health, you can phone:**

* Crisis team for adults – 0800 652 2863
* Crisis team for children and young people – 0800 652 2864
* Text number for people who are Deaf and/or have communication difficulties – 07919 228 548

Lines are open 24 hours a day. If you or another person have been harmed or are at immediate risk, you may require an emergency response – call 999.

**A range of other free services to help you**

* Free, safe and anonymous online mental health service (age 16+) at [www.togetherall.com](https://togetherall.com/en-gb/)
* Free online support and counselling at [www.qwell.io](http://www.qwell.io/) (age 18+) or [www.Kooth.com](http://www.kooth.com/) (11-18)
* A listening ear and emotional support from [Tyneside and Northumberland Mind](http://www.tynesidemind.org.uk/) – seven days a week, 8am to 10pm (age 16+) on 0330 174 3174 (charged at local rate)
* If you’re struggling with depression, anxiety or low mood, Vita talking therapy services can help. You don't need to see a GP first – just call the free service on 0330 0534 230 or [visit the Vita website](https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/newcastle/).
* If you are feeling suicidal, anxious or low, or are worried about someone else, you can phone the Samaritans free on 116 123
* If you need support or you are concerned about someone, you can also visit [www.stopsuicidenenc.org](http://www.stopsuicidenenc.org/)
* Visit [www.111.nhs.uk](http://www.111.nhs.uk/) or call NHS 111
* Text Shout on 85258 to use a free, confidential, 24/7 text messaging support service
* You can also [download a range self-help guides](http://www.cntw.nhs.uk/selfhelp)

**Suggested content for practice websites in Gateshead**

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* If you’re finding it difficult to cope, feeling low, anxious or stressed, or not sleeping properly, call [Gateshead Talking Therapies](https://www.gatesheadtalkingtherapies.nhs.uk/) on 0191 283 2541
* If you are feeling suicidal, anxious or low, or are worried about someone else, you can phone the Samaritans free on 116 123
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