



Mental health support



Here are details of mental health services and support for people in Northumberland.



If you can't find the information you need please get in touch.

Call us on 03332 408 468.

Text 07413 385 275.

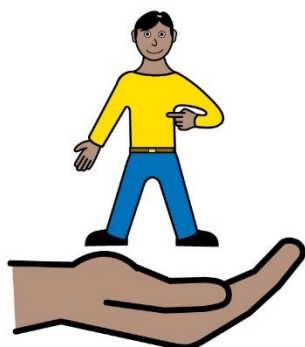
Email:

info@healthwatchnorthumberland.co.uk

Or visit our website:

www.healthwatchnorthumberland.co.uk

Support in a crisis



If you need help for a mental health crisis or emergency you should ask for help now.

NHS 111

If you need urgent help with your mental health right now call 111 and choose option 2 for mental health crisis support.



GP services

You can ask your GP about mental health services and treatments.



Samaritans are warm, safe and friendly spaces where you can enjoy a warm drink, meet other people and get advice. Email: christinenicholls@ca-north.org.uk to find a Warm Hub near you.

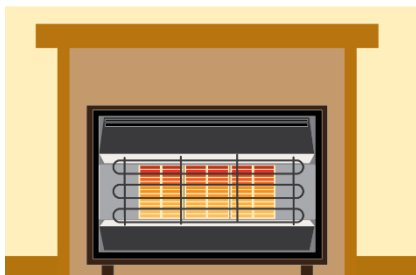


Safe Haven are places where you can meet other people, sit down and enjoy a warm drink and chat with others. Call Northumberland Communities Together to find out more: 01670 620 015

Shout crisis text line

If you live in Newcastle or Northumberland, you can text EVERYTURN to 85258 for free support by text.

Local services and support



These organisations can offer advice and support with your energy bills.



Citizens Advice

Northumberland – The Energy Project

Call: 0808 278 7944



Priority Services Register

Contact your energy supplier to see if you can get extra support.



National Gas Emergency Service

If you smell gas call the free National Gas Emergency Service immediately on 0800 111 999.



Help for Households

Visit this website for tips to save money with your energy bills: helpforhouseholds.campaign.gov.uk



Energy Advice in Rural Northumberland (EARN)

Support for people who live in remote areas of rural Northumberland.
Call: 01670 517178



OilCAN

A service which allows Northumberland residents to buy fuel.

Call: 01670 517178



Northumberland Log Bank

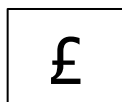
The Log Bank provides logs to anyone who is struggling to get wood for their fire.

Call: 07470 564442

National support and services



These organisations can offer money advice and support.



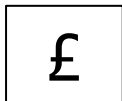
Citizens Advice

Northumberland

Money Advice Service call: 0808 278 7944

Debt Advice Line call: 01670 339960

or text: 'DEBT' to 81400



Household Support Fund

If you need a bit of additional support with household costs contact

Northumberland Communities Together and ask about the Household

Support Fund. Call: 01670 620015 or email:

NCT@northumberland.gov.uk



Turn2Us

Visit the website for the free Benefits Calculator and Grants Search to find out what help you can get.

Website:

www.turn2us.org.uk/get-support

Children and young people



A list of where you can find help if you are struggling to buy clothing or baby items.

Rosie's Corner, Hexham

Call: 07593 599157, email: rosiescornerkidsbank@gmail.com



Community@NE66 Alnwick

Call: 01665 602856, email: admin@communityatne66.co.uk



Stobhill Link Morpeth

Call: 01670 519575, email: enquiries@ncenterprise.org.uk



Hope Uniform and Baby Bank, Cramlington

Call: 01670 737808, email: hopeuniform@gmail.com



**Hope Community Hub,
Bedlington**

Call: 01670 828668



Northern View Club Spittal

Call: 01289 304615, email:
northernv9@gmail.com



**Uniform for all
Northumberland Blyth**

Call: 07570 095262, email:
uniformforall@gmail.com



Bacmans, Lynemouth

Call: 01670 860060



Miners Lamp, Prudhoe

Call: 01661 725729



Hirst Welfare, Ashington

Call: 01670 620200

Mental health support

A list of organisations that can help you with your mental health.



NHS Crisis Team

For urgent support contact the NHS crisis team on 0800 652 2861 or call 111 and select option 2. The text number for people with hearing loss or communication difficulties is 07887 625 277.



NHS Northumberland Talking Therapies

Free psychological treatment for people aged 16+ who have a GP in Northumberland, including one-to-one talking therapy for depression, anxiety and stress. To self-refer email: tmn.info@nhs.net



Tyneside and Northumberland Mind

Mental health support and services across the region. Call the helpline: 0330 174 3174 8am-10pm every day or email:

admin@tynesidemind.org.uk



Northumberland Recovery College

Courses and workshops for adults which promote wellbeing and good mental health. Call: 07866 053717 or email:

nrc@everyturn.org



Cygnus Support

Helping people in Northumberland to improve mental health and wellbeing through counselling, therapy, education and training. Call: 01670 853 977 or email:

admin@cygnussupport.com



Anxious Minds

A North East charity offering mental health information, advice and emotional support, plus online, phone or face-to-face counselling sessions for a £25 charge. Call 01670 946188.



ManHealth

Supporting men through difficulties with their mental and physical ill health. Provides advice and support groups including one at Briardale House, Blyth, Mondays 6pm-8pm. Call 01388 320023 or email: info@manhealth.org.uk



Choices4Growth

A Berwick-based organisation providing support and counselling for better mental health and positive futures for the community. Call 01289 385577 or email help@choices4growth.co.uk



Kooth

Online mental health support for children and young people. (11-25 years)



Qwell

Online mental health support for adults. (18+ years)



Samaritans

Call 116 123, 24 hours, 365 days a year.



Shout

A free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. Text 85258.