



 **mind**
Tyneside and
Northumberland

Your local mental health charity

Today's Presentation

Introduction

Who are Mind

What Mind do

Why we do it

Our Support Services

Counselling & Specialist Support Services

Focus on Northumberland

EAP Service

Mental Health & Wellbeing Training

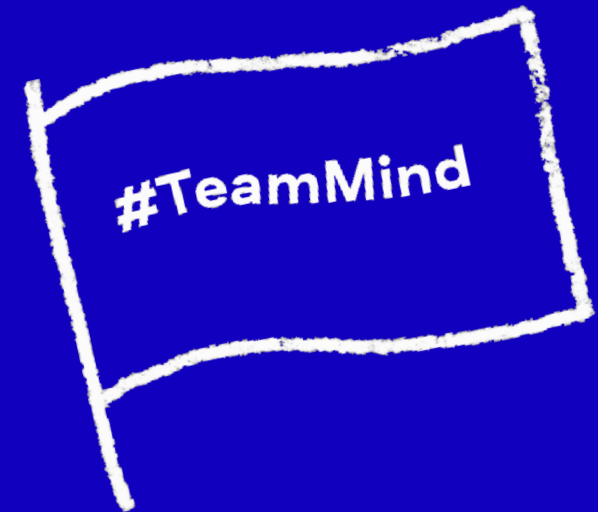
Fundraising & Awareness Raising

How you make a difference

Your impact

Ways to get involved

How to reach us





Who are Mind?

Tyneside and Northumberland Mind are a local mental health charity ensuring that anyone with mental ill health, in our region, has somewhere to turn to for advice and support.

We exist to promote positive mental health and provide flexible, responsive and sustainable support services throughout the region to those in need.

1 in 4 of us will experience a mental health problem.

A mental health problem refers to more than a temporary state of mind that adversely affects your ability to function on a day-to-day basis. Mental health problems can affect the way you think, feel and behave.

At Tyneside and Northumberland Mind we believe that no-one should have to face this alone.



Our Vision, Mission & Values

Our vision is for everyone with a mental health problem to be in control of their own lives and get the support they need from people they trust. Working together to make people and our communities stronger and healthier through services, support, education and training for mental health and wellbeing.

Collaborative



Collaborate
and work
together

Accessible



Accessible
and
approachable
for all

Respectful



Respectful
and inclusive
of everyone

Empowering



Empower
you to be the
best you
want to be

Supportive



Support
through
services and
partnerships

How your local Mind helps

In the last year we have supported...



2277

callers with a listening ear and emotional support on our support line



1375

clients with our Counselling & Therapeutic Services



943

clients with our Mental Health and Wellbeing Services



1125

people trained externally with our mental health training courses

What we do as your local Mind:

- Counselling & Therapeutic support
- Specialist support programmes
- Mental health & wellbeing training
- Workplace EAP
- Fundraising Support



Counselling & Specialist Support Services

- Gateshead Counselling
- North Tyneside Wellbeing in Nature Group
- Gateshead Autism & ADHD Service
- Solace – Refugee & Asylum Seeker Support
- High Intensity Support Service
- Northumberland Bereavement Support Services
- Thrive after Tackling Trauma (TATT) Service
- Northumberland Autism Service
- Support Line
- Northumbria Resilience for Victims of Crime
- Northumberland Supporting Families Service
- Safe Space Support Groups






Northumberland Support Services

- Northumberland Bereavement Support Service
- Thrive After Tackling Trauma (TATT) Service
- Northumberland Autism Service
- Support Line, [available everyday](#)
- Northumbria Resilience for Victims of Crime
- North Northumberland Supporting Families Service
- Safe Space Support Groups – Alnwick & Berwick

Northumberland Bereavement Support Service & TATT

 **mind**
Tyneside and
Northumberland
Registered Charity Number: 1140856

We are here to ensure everyone with a mental health issue can be in control of their own lives and get the support they need from people they trust!

**Training | Wellbeing | Counselling
Fundraising | Support**

Support Line
0191 477 4545
0330 174 3174
Weekdays

- Northumberland Bereavement Support adults 18 years plus
- Thrive after Tackling Trauma (TATT) Service – children and young people 6 years to 29 years
- Supports people who have experienced traumatic death
 - Suicide
 - Tragic Accident
 - Murder
- Early access to counselling – no waiting list

Northumberland Autism Service

- CNTW referrals for people awaiting assessment
- 5 weeks 'Autism and Me' group programme
 - Learning about self
 - Celebrating differences
 - Uncover Coping Strategies

Support Line

- Mental health and wellbeing support and information
- 7 days per week
- Open: 2pm – 10pm Monday to Friday
12pm – 8pm Saturday and Sunday



North Northumberland Supporting Families Service

- Berwick to Amble and across to Rothbury
- Supports families where the parent or carer has a mental health problem impacting on the whole family
- Supports the whole family Emotional, practical and informal advocacy
- Multi-agency work
- Work in education to promote awareness and develop coping strategies
- Looking at specific workshops including anxiety, exam stress, over-thinking
- Family fun days
- Referrals from Early Help Teams and Family Hubs, however referral pathways are open

“Having the service within our locality is a lifeline for some families. We are a rural community covering 802 square miles with poor travel links so knowing there are options to support families with their mental health and who can provide home visits if necessary is a huge positive in achieving positive outcomes”

Family Hub Manager



"The service provided me with the help I needed to improve our family life, it has been a fantastic service we wouldn't be at the place we are now without it so thank you"

Client

Safe Space – Alnwick and Berwick

- Monthly wellbeing peer support groups
 - Alnwick – 2nd Tuesday of the Month
 - Berwick – 3rd Wednesday of the Month
- Talking group providing emotional support in a safe environment
- Mild to moderate mental health issues
- Aims to break isolation and build social networks
- Facilitated by a member of staff and a volunteer
- Support is gained from peers with similar experiences
- Non-judgemental, non-clinical and informal
- Coping strategies and skills explored



Northumbria ReVOC Service

(Resilience for Victims of Crime)

- Funded by the Northumbria Police and Crime Commissioner
- Supports victims of crime under 2 themes
 - **Mental Health**
 - **Violence Against The Person (serious violent crime)**
 - GBH (Grievous bodily harm with and without intent)
 - Aggravated Robbery
 - Non-fatal strangulation
 - Attempted Murder
 - Support for family members
- Referrals come through the Northumbria Victims and Witness Service but anyone can refer
- Practical and Emotional Support
- Counselling for high priority cases

“I do not know where I would be without the support. I never felt I would be able to move on from the situation and thought things would never change. I was in a very dark place. I felt very isolated, as if no-one understood me and I’m so grateful for ReVOC support including the counselling. The service was a lifeline. I can't thank you enough.”

Client



NORTHUMBRIA
**POLICE & CRIME
COMMISSIONER**

**violence
reduction
unit**

Mental health & wellbeing training

We make people, organisations and our communities stronger and healthier through education, training and support for mental health and wellbeing.

Our mental health training and consultancy offer includes:

- Mental Health Training
- Health & Wellbeing Bitesize Wellbeing 'Hours'
- Accredited Mental Health First Aid Courses
- Emotional Resilience Training
- Self-Harm Training



What is campaigning for you?
POSITIVE CHANGE + IMPROVEMENT
NORMALISE
EDUCATING
REMOVING STIGMA
SPEAKING UP
ENLIGHTEN HEALTH PROCESS
NHS, GOVERNMENT, NATIONAL, LOCAL, CULTURAL COMMUNITY

Workplace Employee Assistance Programme (EAP)

A man with a beard and short brown hair, wearing a maroon sweater, is seated at a wooden table. He is holding a white mug with a blue handle and looking towards a woman whose back is to the camera. The woman has blonde hair and is wearing a white top. They are in a locker room, with white lockers and a purple garment hanging in the background.

Our Employee Assistance Program (EAP) *MindWork* partners with organisation's and businesses across Tyneside and Northumberland that are committed to supporting the wellbeing of their workforce.

Our customisable EAP Programme encourages personal growth and professional development by addressing workplace challenges and current struggles like stress, anxiety and relationship.

How your local Mind does this

We rely on the generosity of those within our region and their fundraising efforts to provide a range of services.

Every contribution from supporters, as well as volunteers, local businesses and benefactors, make a difference with all donations and money raised going directly to helping local people who have a mental health problem.



Where the money goes ...

£20 Helps our wellbeing workers provide online weekly support

£50 Can help fund our telephone advice and support service

£135 Will pay for 6 one-to-one counselling sessions

£150 Supports our work with Victims of Crime, and provides necessary mental health services

£500 Helps fund our work with people whose mental health is impacting the family





Make a Difference!

Tyneside and Northumberland Mind can only provide the mental health support services we do, **because of you.**

Speak to us about how you can get involved and make a positive impact on the mental health of our community today.

Let's have a chat!

Reach us at:

Tel: 0191 477 4545

admin@tynesidemind.org.uk

fundraising@tynesidemind.org.uk

Find us at:

3rd Floor (9-11) Tru-Knit

Carloliol Square

Newcastle upon Tyne

NE1 6UF

tynesidemind.org.uk





**Questions,
comments or
suggestions?**

 **Mind**
Tyneside and
Northumberland
Your local mental health charity

Support Line

We are here to talk, to listen and to support you when you need it.

Call us when you need us!

Monday-Friday 2pm-10pm

Saturday-Sunday 12pm-8pm

0191 477 4545 or 0330 174 3174

(Calls are charged at local rate)

