



# Mind

## Tyneside and Northumberland

### About Us

## Healthwatch Information Session Sheet

### Northumberland Services

#### **REVOC – Resilience for Victims of Crime –**

ReVOC supports victims and families impacted by violent crime across Northumbria, offering a helping hand whilst victims and families go through the Justice Process. We provide mental health and wellbeing focused support, as well as referral support into another service, to ensure each person receives the help they need on their journey to recovery.

**How to access:** [Self-refer or refer on the behalf of another here.](#)

#### **All Family Support Service –**

All Family Support is a dedicated service, based in North Northumberland, for households impacted by poor mental health, working with each member of the family to develop their understanding of their personal situation and creating a comprehensive support plan to rebuild a happier, healthier home.

**How to access:** [Self-refer or refer on the behalf of another here.](#)

#### **Bereavement Support Service –**

The Bereavement Support Service offers rapid response, trauma informed, counselling and therapeutic support for adults 18 years of age and older within the Northumberland area, impacted by the recent loss of a family member, friend or colleague by suicide, murder, or tragic accident.

**How to access:** [Self-refer or refer on the behalf of another here.](#)

## **TATT - Thrive After Tackling Trauma Service –**

TATT offers compassionate trauma support for children and young people (6 - 24 years of age, and 24 - 29 years of age for those leaving care) affected by suicide and traumatic death across the North East and North Cumbria. Across 6 - 8 sessions we'll help you feel safe and heard and talk through what happened with trauma informed counselling support from our specialist teams.

**How to access:** [Self-refer or refer on the behalf of another here.](#)

## **Safe Spaces –**

Safe Spaces are support groups available across Northumberland, for those with limited social networks, who may feel alone or isolated because of their poor mental health. If you feel you may benefit from learning more effective ways to improve your health and wellbeing and meet others on similar journeys a group may be right for you. We currently host groups once a month in the following areas, find the right one for you.

**How to access:** [Self-refer or refer on the behalf of another here.](#)

**Alnwick** – 2<sup>nd</sup> Tuesday of the month

**Berwick** – 3<sup>rd</sup> Wednesday of the month

**Alnwick** - \*in partnership with Escape Family Support on the 4<sup>th</sup> Thursday of the month

## **Autism Support Service –**

The Adult Autism Service is available to Northumberland residents on the CNTW pathway, awaiting an autism diagnosis. Clients receive access to a 5 week 'Autism and Me' course, encouraging individuals to learn about yourself, celebrate your differences, and uncover coping strategies to help in your daily life, alongside a dedicated social group to connect with others.

**How to access:** [please contact your GP for information around the CNTW pathway.](#)

## **Support Line –**

Our Support Line provides easy access to mental health and wellbeing information every day, with a listening ear and emotional support from trained call handlers.

Support Line available: Monday – Friday, 2pm-10pm and Saturday-Sunday, 12pm-8pm

Call 0330 174 3174 (\*Calls charged at your local rate)

# Neighbouring Area Services

## Gateshead Counselling –

Brief counselling support for those with a GP in Gateshead who are aged 16 years of age and over and struggling with their mental health. Counselling is an opportunity to talk about your troubles with a professional trained to listen and to help you understand your feelings and behaviours and find a way forward.

**How to access:** [Self-refer or refer on the behalf of another here.](#)

## Gateshead Creative Support Group –

The Gateshead Creative Support group is a bi-weekly supportive space to learn practical ways to cope with poor mental health and support your mental wellbeing, with creative activities, and immersive sessions that use the treasured heritage base of St Mary's Heritage Centre in Gateshead.

**How to access:** [Self-refer or refer on the behalf of another here.](#)

## Newcastle Safe Space Group –

Newcastle Safe Space is a drop-in support group for those feeling alone or isolated because of poor mental health, providing you with opportunities to uncover new coping strategies to build emotional resilience, whilst enjoying the company of others. Takes place every Tuesday morning.

**How to access:** [Self-refer or refer on the behalf of another here.](#)

## North Tyneside 'Wellbeing in Nature' Group –

The Wellbeing in Nature group is a space to get growing – mentally and physically at The Meadows Community Centre. Join the community garden for a six-week supportive space to chat with others about all things wellbeing and mental health and to develop self-help coping strategies and new skills. We also offer optional advocacy programmes for those who want to leave a lasting impact on their community. Cohorts begin regularly and take place Thursday mornings.

**How to access:** [Self-refer or refer on the behalf of another here.](#)

## **Gateshead High Intensity Support Service –**

High Intensity Support Service, also known as Alternative to Crisis (ACT) Service, offers those approaching or coming out of crisis (people who are at crisis) the mental health help they need with therapeutic / counselling support.

**How to access:** [Referrals can come from the Crisis Team, Psychiatric Liaison Team, or your GP.](#)

## **Support for Refugees & Asylum Seekers –**

The Solace Project works in partnership with The Comfrey Project, Rainbow Homes, and St Vincent de Paul to provide refugee and asylum seekers a safe space to drop-in and receive mental health and wellbeing support.

[Dates and times are not advertised, please reach out for more information.](#)

[Email wellbeing@tynesidemind.org.uk](mailto:wellbeing@tynesidemind.org.uk)

## **Autism and ADHD ‘Triple AAA’ Support Service in Gateshead –**

Triple AAA provides neurodivergent individuals awaiting a diagnosis access to 5-week courses on Autism and ADHD, designed to help learners uncover techniques to engage coping strategies in your day-to-day, as well as learn more about yourself and connect you with a monthly social group to meet others on a similar journey.

**How to access:** [Self-refer or refer on the behalf of another here.](#)

## **Training and Education Services –**

We deliver mental health training across Tyneside and Northumberland to encourage people, organisations and communities to become stronger through education, training and support. This opens conversations surrounding mental health and wellbeing, equips people to better support themselves, and others, and fights stigma surrounding poor mental health. Whether it's a one-hour presentation, a bite-size session on a topic of your choosing, or a certificated training course, we can support you and your team. Reach out for information.

[Email admin@tynesidemind.org.uk](mailto:admin@tynesidemind.org.uk)



## Private Counselling & Employee Assistance Programme Service -

Tyneside and Northumberland Mind offer **private counselling** to businesses and organisations in need of a safe and private space for teams to explore their thoughts, feelings, and concerns, connecting an individual in need of support with a licensed professional counsellor in a confidential and therapeutic space.

Together, they will work to help the individual identify and address specific goals, providing guidance, empathy, and tools for coping and self-discovery. This approach allows for personalised attention and tailored interventions to support the individual's emotional wellbeing and personal development.

Tyneside and Northumberland Mind's **MindWork** offers specialist intervention and support for moderate and complex mental health challenges, integrating with an organisations existing wellbeing initiative to provide meaningful, person-centred care. The **Employee Assistance Programme** empowers employees and supports your leaders and managers by delivering real, impactful mental health support, helping you take a vital step towards creating a culture where mental health is prioritised, employees feel valued, and wellbeing drives success. This programme is built to reduce time lost to mental ill health and empower your team to develop positive plans, effective interventions and outcomes to drive success.

[More information available upon request, alongside custom quotes depending on needs.](#)

[Contact CEO Alex Wilson, alex.wilson@tynesidemind.org.uk](mailto:alex.wilson@tynesidemind.org.uk)



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

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