

One man in every 12 across the UK has a mental health disorder, and suicide remains the biggest cause of death for men under 35. During the Covid-19 pandemic, it's even more important that we look after our mental health and wellbeing.

If you are struggling with your mental wellbeing, you should seek help as soon as you can. There are a number of specialist services that provide treatment, including counselling and other talking therapy services.

If you need help immediately

If you need urgent help from one of our NHS initial responses teams, support is available 24 hours.

If you live in:

- **Cumbria** call 800 652 2865, deaf people can text 07759 565 6226
- **Newcastle or Gateshead** call 0800 652 2863, deaf people can text 07919 228 548
- **North Tyneside or Northumberland** 0800 652 2861, deaf people can text 07887 625 277
- **South Tyneside or Sunderland** call 800 652 2867, deaf people can text 07889 036 280

If you or another person have been harmed or are at immediate risk and require an emergency response, call 999.

Psychological Wellbeing Services

These NHS talking therapies services support adults finding it difficult to cope, who are feeling low, anxious, stressed, worried, or are not sleeping. They are open Monday to Friday during office hours and the following numbers are direct lines into their service.

If you live in:

- Cumbria call **First Step, Ways to Wellness** on 0300 123 9122
- Gateshead call **Gateshead Talking Therapies** on 0191 283 2541
- Newcastle call **Talking Helps Newcastle** on 0191 282 6600
- North Tyneside call **North Tyneside Psychological Therapies** on 0191 295 2775

- Northumberland call **Talking Matters Northumberland** on 0300 3030 700
- South Tyneside call **South Tyneside Psychological Therapies** on 0191 283 2937
- Sunderland call **Sunderland Psychological Wellbeing Service** on 0191 566 5454

To access the **Veterans Wellbeing, Assessment and Liaison Service**, for military veterans and their families across the region, call 0191 441 5974.



Additional support available from non-NHS providers:

- **Samaritans** – for everyone. Call 116 123, email: jo@samaritans.org, 24 hour support
- **Campaign Against Living Miserably (CALM)** – for men. Call 0800 58 58 58, from 5pm to midnight every day
- **Papyrus** – for people under 35
Call 0800 068 41 41, Mon to Fri 9am to 10pm, weekends and bank holidays 2pm to 10pm
Text 07860 039967, email: pat@papyrus-uk.org
- **Free training provided by the Zero Suicide Alliance**
Step Up training (5 -10 mins) and 'Suicide – let's Talk' (20 mins)
www.zerosuicidealliance.com/training/



Cumbria, Northumberland,
Tyne and Wear
NHS Foundation Trust

There's light at the end of the tunnel

If you are struggling with
your mental wellbeing,
help is available

www.cntw.nhs.uk/selfhelp