

## **Talking Therapies**

Talking Therapies is the NHS mental health service and they have lots of different treatment pathways available such as, counselling and cognitive behavioral therapy (CBT) to help with common mental health difficulties.

You can self-refer to them by calling 0191 295 2775 or via their website:

[www.northumbria.nhs.uk/our-services/mental-health-services/north-tyneside-talking-therapies](http://www.northumbria.nhs.uk/our-services/mental-health-services/north-tyneside-talking-therapies)

## **Anxious Minds**

Anxious minds offer group and 1-1 bereavement counselling sessions both online and in person at a cost of £30 per session. They are based next to Wallsend metro and can be contacted on 0191 262 0305 or emailed at [info@anxiousminds.co.uk](mailto:info@anxiousminds.co.uk). [www.anxiousminds.co.uk/bereavement-counselling-and-support-group](http://www.anxiousminds.co.uk/bereavement-counselling-and-support-group)

## **Maggies**

Maggies provide support and advice to those with cancer or who have a loved one with cancer. This can be email [newcastle@maggies.org](mailto:newcastle@maggies.org), telephone 0191 233 6600 or in person at their centre at the Freeman Hospital in Newcastle, Monday-Friday, 9am-5pm. <https://www.maggies.org/cancer-support/supporting-someone-cancer/bereavement-support>

## **Macmillan**

You can get support with grief from Macmillan by calling their support line on 0808 808 00 00 or you can be referred by your GP practice. Please be aware that Macmillan will see you from 8 weeks after the bereavement.

[www.macmillan.org.uk/cancer-information-and-support/supporting-someone/coping-with-bereavement/support-with-grief](http://www.macmillan.org.uk/cancer-information-and-support/supporting-someone/coping-with-bereavement/support-with-grief)

## **Age UK North Tyneside**

Age UK provide 'The Grief Circle' support group in 90-minute sessions over 8 weeks for 6 people at the Bradbury Centre. Call Nicola on 07803 549 402 or email [connectinggrief@gmail.com](mailto:connectinggrief@gmail.com) if you would like to join.

[www.ageuk.org.uk/northtyneside/about-us/news/articles/2024/bereavement-support-in-north-tyneside](http://www.ageuk.org.uk/northtyneside/about-us/news/articles/2024/bereavement-support-in-north-tyneside)

## **St Oswalds**

St Oswalds support anyone who has had a loss. This can be 1-1 at hospice or over the phone. They offer group sessions to meet & share with others and have an annual program of remembrance service & events. Contact Brenda on 0191 285 0063, ext 2008 or email [BrendaClayton@stoswaldsuk.org](mailto:BrendaClayton@stoswaldsuk.org)

[www.stoswaldsuk.org/who-we-care-for/care-for-babies-children-and-young-adults/families-and-carers-in-children-and-young-adults/bereavement-support](http://www.stoswaldsuk.org/who-we-care-for/care-for-babies-children-and-young-adults/families-and-carers-in-children-and-young-adults/bereavement-support)

## **If U Care Share**

Support after suicide service providing in person or telephone appointments wherever you need. Referrals done through the website.

[www.ifucareshare.co.uk/how-we-can-help/support-after-suicide](http://www.ifucareshare.co.uk/how-we-can-help/support-after-suicide)

## **Mind**

Online resources for grief support.

[www.mind.org.uk/information-support/guides-to-support-and-services/bereavement](http://www.mind.org.uk/information-support/guides-to-support-and-services/bereavement)

## **Cruse Bereavement**

Helpline for all types of bereavement  
0808 808 1677 - [www.cruse.org.uk](http://www.cruse.org.uk)

## **Finances**

You may be eligible for financial support if a loved one passes away. Details can be found at

[www.citizensadvice.org.uk/benefits/bereavement-and-funeral-benefits/how-to-claim-bereavement-benefits/](http://www.citizensadvice.org.uk/benefits/bereavement-and-funeral-benefits/how-to-claim-bereavement-benefits/)

## **Tell Us Once**

This is a service that lets you report a death to most government services in one go, if the person lived in England, Scotland or Wales.

[www.gov.uk/after-a-death/organisations-you-need-to-contact-and-tell-us-once](http://www.gov.uk/after-a-death/organisations-you-need-to-contact-and-tell-us-once)

There are also NHS self-help guides available from the website: [selfhelp.cntw.nhs.uk](http://selfhelp.cntw.nhs.uk). These cover many different topics including bereavement, sleep, low mood, stress and anger.

**In an urgent mental health crisis?  
Crisis team: 0303 123 1146**