

## In a crisis

### Accident and Emergency

If you need immediate medical help, or if you've hurt yourself and need medical attention.

### Listening Services

When you need to talk to someone urgently about how you're feeling.

**Samaritans** – telephone 116 123

(anytime), e-mail [jo@samaritans.org](mailto:jo@samaritans.org)

**SANE Charity** – telephone 0300 304 7000 (4:30 pm to 10:30 pm daily)

**Papyrus** – for people under the age of 35. Telephone 0800 068 4141

**The Silver Line** – for older people  
Telephone 0800 4 70 80 90

**SHOUT**- 24/7 crisis text service, text SHOUT to 85258

### Crisis Team

When you need urgent support for your mental health – telephone 0303 123 1146

### Emergency GP appointment

Bridge medical 0191 253 25 78

Monkseaton medical centre  
0191 252 1616

## Websites

**How to Cope with Suicidal Feelings**  
And **Self Harm** leaflets on the **Mind**

Website

[www.mind.org.uk/information-support/](http://www.mind.org.uk/information-support/)

**NTW Self Help Leaflets**

[web.ntw.nhs.uk/selfhelp/](http://web.ntw.nhs.uk/selfhelp/)

The **Mood Juice and Mood Gym**

websites are designed to help you think about emotional problems and work towards solving them in a structured way using CBT

[www.moodjuice.scot.nhs.uk/](http://www.moodjuice.scot.nhs.uk/)

[moodgym.com.au](http://moodgym.com.au)

## Apps for phones

We can't officially endorse these, but they may be worth looking at:

**Stay Alive**

**Calm Harm**

**distrACT**

**Suicide Safety Plan**

**STOPP**

**Headspace**

## Support plans

Writing down how someone likes to be supported, and what they can do to help themselves in a crisis can be helpful. For example:

**-What can I do to help myself?**

**-How would I like to be supported?**

**-Who can be contacted in an emergency?**

[www.mind.org.uk/media/5452271/how-to-support-someone-who-feels-suicidal-2017.pdf](http://www.mind.org.uk/media/5452271/how-to-support-someone-who-feels-suicidal-2017.pdf)

## Mental health self-help guides

Available from the reception area, these self help guides have been written by consultant clinical psychologists and cover the following areas such as Bereavement , Post Traumatic Stress Disorder, Self harm, Stress, Abuse and Eating Disorder.

The Northumberland, Tyne and Wear (NTW) NHS Trust has produced an app called **Self Help**

Search for "self help Northumberland" on the iTunes or Google Play app store. Or [www.ntw.nhs.uk/resource-library/](http://www.ntw.nhs.uk/resource-library/)