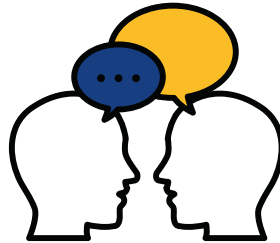


Sunderland  mind
for better mental health

Listening Ear Service



Are you struggling emotionally? Do you want to talk? We're here to listen.

Sometimes a confidential chat with our trained staff is all you need.

Please note this is not a counselling service but an opportunity to be heard.

**To book an appointment please contact us on
0191 565 7218, 07508534240 or
emily.blyth@sunderlandmind.co.uk**

**Sunderland Mind
Wellbeing Hub
Church Street East
Sunderland
SR1 2BB**

**www.sunderlandmind.co.uk
@sunderlandmind
@mindsunderland**

Crisis Support Contact Numbers

NHS Urgent Help (Sunderland + South Tyneside) - Adults – 0800 652 2861 – Children and Young People – 0800 652 2862 – Deaf service users please text – 07887 652 277. All these numbers are accessible 24/7.

Sunderland Initial Response Team (IRT) - 0303 123 1145. For deaf service users please text 07889 036 280.

Sunderland Psychological Wellbeing Service (IAPT) – 0191 566 5454

