

Services

Talking Therapies

This service uses cognitive behavioral therapy (CBT) to help with many common mental health issues such as

- Anxiety
- Depression/low mood
- Anger management
- Phobias
- Post traumatic stress disorder

For more info and local wellbeing groups visit:

<https://www.northumbria.nhs.uk/our-services/mental-health-services/north-tyneside-talking-therapies>

Self-refer: 0191 295 2775

Other Services

Harbour: Domestic Violence Support

<https://www.myharbour.org.uk/>
T: 03000 20 25 25 (24 hours)

Someone Cares: Counselling for abuse survivors

<http://www.someonecares.org.uk/>
0191 257 8094

Recovery Partnership: Alcohol and Drug services

0191 240 8122

Websites

The **Anxious Minds** website has many useful resources for self-help and CBT; including the Living Life to the Full Program

<https://www.anxiousminds.co.uk/our-support/>

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

<http://www.moodjuice.scot.nhs.uk/>

<https://moodgym.anu.edu.au/welcome>

Mindfulness/meditation apps for phones

Some are free, some cost of up to £1.50 – we can't officially endorse these, but they may be worth looking at:

Headspace Insight Timer

Take a break

Sleep easily with Shazzie Digipill

7 second meditation Calm

Mental health self-help guides

There are NHS self help guides available from the website: **selfhelp.cntw.nhs.uk** These guides have been written by consultant clinical psychologists and cover the following areas:

- Abuse & Domestic Abuse
- Alcohol
- Anxiety & Panic
- Bereavement
- Depression & Low Mood
- Eating Disorders
- Health Anxiety
- Managing Anger
- Post Traumatic Stress Disorder
- Postnatal Depression
- Self harm
- Stress
- Sleep

The Northumberland, Tyne and Wear NHS Trust have also made these available through an app. Simply google 'self help Northumberland app'.

Together in Crisis

Support adults who are in distress but do not meet the threshold for a medical intervention from NHS mental health crisis services.

Speak to the practice to get referred if you feel this will benefit you.

**In an urgent mental health crisis?
Crisis team: 111 – option 2**