

**Gateshead Mental Wellbeing Useful Contacts**

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| **Service** | **Location** | **Description** | **Telephone** | **Website Email** | **More info & how to access** |
| **Dedicated Mental Health Support** | | | | | |
| **Signpost NENC** | Online | A collection of mental health and wellbeing resources in the Northeast and North Cumbria |  | [www.signpostnenc.co.uk](http://www.signpostnenc.co.uk) | Search on website to find organisations near you |
| **Kooth** (for 11 – 18 year olds) | Online | Free, safe anonymous online counselling, advice, and support |  | [www.kooth.com](http://www.kooth.com) | Counsellors are available (text based) from  12 noon to 10pm on weekdays and 6pm to  10 pm at weekends  **Register online** |
| **Qwell** (over 18s) | Online | Free, safe anonymous advice, information, and professional mental health support. |  | [www.qwell.com](http://www.qwell.com) | Chat queue is open from midday to 10pm on  weekdays and 6pm to 10pm on weekends all  year long. Send a message to schedule a booked  chat  **Register online** |
| **Be a Game Changer** |  | Newcastle United's grants for private counselling or psychotherapy |  | <https://m.facebook.com/groups/BeAGameChangerNUFC/posts/4995510677161228/> | Grants for counselling  Wellbeing workshops etc  **Online application** |
| **CALM**  **C**ampaign **A**gainst **L**iving m  **M**iserably | Helpline  Webchat |  |  | [www.thecalmzone.net](http://www.thecalmzone.net) | **Helpline 5pm – midnight** |
| **Community Counselling Cooperative** |  | Counselling service for adults and children living in Tyne and Wear | Simon 0754 9698050  Rhonda 0754 9698049 | <http://communitycounsellingcooperative.co.uk/>  Email [communitycounsellingcoop@gmail.com](mailto:communitycounsellingcoop@gmail.com) | Lots of links to more support on their website  **Email or phone for appointment** |
| **Every Mind Matters** | Online information | Information and advice online. Links to other services |  | [www.nhs.uk/every-mind-matters](http://www.nhs.uk/every-mind-matters) |  |
| **Gateshead Talking Therapies** (over 16 years) | The Croft Wreckenton Health Centre, Blaydon Primary Care Centre | Support for people who are registered with a Gateshead GP who have depression or anxiety | 0191 2832541 | [www.gatesheadtalkingtherapies.nhs.uk](http://www.gatesheadtalkingtherapies.nhs.uk) | Mainly telephone or video support.  Monday to Friday 9-5 (excluding bank holidays)  [possible evening appointments]  **Self-referral or GP referral** |
| **GP service** | Virtual or face to face | Access own GP for support. They may refer to other services or prescribe medication | Own GP practice |  | **Contact own GP surgery** |
| **Molehill Mountain App** | Via Apple App store or Google Play | For adults with autism to help them to manage anxiety |  | [www.autistica.org.uk/molehill-mountain](http://www.autistica.org.uk/molehill-mountain) | **Online** |
| **Mood Zone** | Online information | NHS based information and how to access support |  | <https://www.nhs.uk/mental-health/> | **Online** |
| **Peer Talk, Gateshead** | Bensham Grove Community Centre, Sidney Grove, Bensham NE8 2XD | Peer support group for those living with depression, anxiety, and related conditions | 0771 9562617 | <https://www.peertalk.org.uk/> | Every Monday 7-8.30pm  **Enquiries Phone or text** 07719 562 617 Email[enquiries@peertalk.org.uk](mailto:enquiries@peertalk.org.uk) |
| **Specialist NHS Mental Health Services** **(CNTW)** | Virtual, telephone or face to face | NHS based professional services for adults with significant mental health problems. Includes psychiatry, psychology, mental health nursing and therapy services, services for adults with eating disorders, learning disability, autism, or ADHD | Via own GP practice | [www.cntw.nhs.uk](http://www.cntw.nhs.uk)  Cumberland, Northumberland, Tyne, and Wear NHS Trust (CNTW) | **GP referral required** |
| **Tyneside MIND service** | Someone to talk to; Support groups; activity groups; Wellbeing projects | **Tyneside & Northumberland Mind exists to promote positive mental health, providing flexible, responsive, and sustainable support services** | 0191 4774545  0330 1743174 (local call rate) | [www.tynesidemind.org](http://www.tynesidemind.org).uk | 8am – 10 pm 7 days a week  **Phone, email or online form to self refer** |
| **Crisis Support** | | | | | |
| **999 Emergency Services** | If there is an immediate threat to life | Ambulance service will support people in a crisis where there is an immediate threat to life: to Accident and Emergency | 999 |  | **Phone for yourself or for someone you are worried about** |
| **Samaritans** | Telephone helpline, webchat, email | Free 24-7 Helpline | 116123 | [www.Samaritans.org](http://www.Samaritans.org) | **Self-refer by phone or online** |
| **Papyrus UK**  (Up to 35 years of age) | Hopeline | Suicide prevention Hopeline 9am to midnight every day Text and emails response time may be longer | 0800 684141  Text 07860039967 | [www.papyrus-uk.og](http://www.papyrus-uk.og)  Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org) | **Phone or email** |
| **General Health and Fitness** | | | | | |
| **Healthworks** | Health Resource Centre Adelaide Terrace Benwell NE4 8BE  The Lemington Centre The Lemington Centre Tyne View Newcastle upon Tyne NE15 8RZ | Improving wellbeing, NHS health checks, gardening, walks in nature, getting active, relaxation classes, activities, training courses and much more | Benwell:  0191 272 4244  Lemington:  0191 264 1959 | Email:  [hwn@hwn.org.uk](mailto:hwn@hwn.org.uk)  Website: <http://www.healthworksnewcastle.org.uk/> | **Email or Phone** |
| **Sporting Chance** | Scotswood Sports Centre and other Newcastle locations | Education, training, and social opportunities to people that find it difficult accessing mainstream education or services. Sporting Chance empowers children and people through sport and fitness to gain qualifications, achieve employment and improve social skills, alongside this, we specialize in improving health and social outcomes via our innovative sport, exercise, and health programmes. | 07930249493 | [www.scne.org.uk](http://www.scne.org.uk)  Email jamie@scne.org.uk | **Email** |
| **Volunteering / Employment** | | | | | |
| **Gateshead Floating Support Service** | 204 Aidan House, Sunderland Road, Gateshead, NE8 3HU | For adults living in Gateshead. Referral only. Help with a recovery action plan including maintain wellbeing, access local community and leisure, budgeting, paying bills, shopping, and cooking healthily, maintaining the home etc | 0800 3230083 | [www.mhm.org.uk/gateshead-floating-support](http://www.mhm.org.uk/gateshead-floating-support)  Email: [info@mhm.org.uk](mailto:info@mhm.org.uk) | **Referral by Social Worker, CPN, Drug and Alcohol Worker or other support worker to discuss options** |
| **Jet** (Jobs, Education and Training | 81 Adelaide Terrace,  Benwell  Newcastle upon Tyne  NE4 8BB | Service for people who have English as a second language and are from an ethnic background. Service offers support to prepare a CV, search for jobs, and build confidence in accessing support in the local community | 0191 273 5761 | [www.jetnorth.org.uk](http://www.jetnorth.org.uk)  Email: [Julie22@jetnorth.org.uk](mailto:Julie22@jetnorth.org.uk) | Face to Face on strict appointment basis**.**  **Self-referral** |
| **Moving on Tyne**  **and Wear** | * + 34 Brenkley Way,   + Seaton Burn,   + Newcastle   + NE13 6DS | Employment service supporting people young people and adults with either a physical or mental health difficulty.   * Provides mentoring opportunities * Explore Social Enterprises or self-employment opportunities * Retain current employment   Build on further skills development and training. | 0191 217 3206 | [www.motw.org.uk](http://www.motw.org.uk)  Email: enquiries@motw.org.uk | Face to face  **Self-referral** |
| **Pathways Advice and Information Gateshead** | Room 203, Floor 2, Aidan House, Sunderland Road, Gateshead, NE8 3HU | For Gateshead residents with mental health issues. Support around issues affecting mental wellbeing, including Welfare Benefits, debt, housing, and employment issues | 07894480425  ring for appointment  0191 4900579 | [www.mhm.org.uk/pathways-advice-information-gateshead](http://www.mhm.org.uk/pathways-advice-information-gateshead)  Email: [info@mhm.org.uk](mailto:info@mhm.org.uk) | Appointments only Monday 9am-5pm  Tuesday closed  Wednesday to Friday 9am-5pm  **Self-referral** |
| **Work it Out** (Run by Young Women's Trust)  (16 to 30 Years) | MEA House  Ellison Place  Newcastle upon Tyne  NE1 8XS | Providing clothes for interview, styling advice and interview training to unemployed women / identify as women struggling to get into employment (who has a confirmed interview) | **0808 8088099** | <http://smartworks.org.uk/newcastle-smart-works/>  Email: [newcastle@smartworks.org.uk](mailto:newcastle@smartworks.org.uk) | Open Tuesday to Friday  **Referral by professional supporting the woman into employment** |
| **Leisure** | | | | | |
| **Blaydon Men's 'Pop-Up' Shed** | Currently no permanent premises - meet at Blaydon Library  Thursdays 11am to 2.30pm | For men over 18 years. £1 per session, free tea, and coffee. Activities include:  3D printing; Chess; PS4; Go.  Coding (Python and Arduino); Dominoes.  Electronics (Raspberry Pi, Arduino, Robotics); Internet Browsing; DVD's; 3D modelling; Library books (Of course 🙂); Pyrography.  Model Making; Historical Wargaming; Mini lathe work.  Hand Carving; Sketching  Other activity ideas welcome | Email only  Contact Dean Teasdale | [www.facebook.com/groups/BlaydonShedgroup/](http://www.facebook.com/groups/BlaydonShedgroup/)  Email: [infoblaydonshed@gmail.com](mailto:infoblaydonshed@gmail.com) | **Email for details** |
| **Chilli Studios** | Blackfriars Centre, New Bridge Street, Newcastle upon Tyne  NE1 2TQ  Fridays at Recoco, No1 Carliol square Newcastle upon Tyne | Charitable organisation, open to Newcastle or Gateshead residents.  Promote engagement in creative activities.  Computer work, Art, Music, and Creative Writing. | 0191 209 4058 | [www.chillistudios.co.uk](http://www.chillistudios.co.uk)  Email: [info@chillistudios.co.uk](mailto:info@chillistudios.co.uk) | Open 10am- 4.30pm  (3.30pm Fridays)  **Join online – membership £10 per month (correct July 22)** |
| **The Vault Wellbeing Centre** | **The Vault Creative Well-Being Centre CIC 31 Station Road ​Wallsend  NE28 6RL** | Creative wellbeing centre, with various activities held each day/evening. | 0191 2620305 | [www.the-vault.org](http://www.the-vault.org)   1. Email: [well-being@the-vault.org](mailto:well-being@the-vault.org) | 1. Activities currently via Facebook 2. <https://www.the-vault.org/activities.html> 3. Groups   <https://www.the-vault.org/regular-groups.html> |
| **WING Outdoor Club** |  | Outdoor activities including country walks, hill walks and navigation training, cycling, canoeing, climbing etc | 07506 176888 | <https://wingoutdoorclub.org>  <https://www.facebook.com/www.wingoutdoorclub.org> | Appointments only **– cost of sessions on website** |
| **Education** | | | | | |
| **Recovery College** | Anderson House, Market Street, Newcastle upon Tyne. NE1 6XA | Collaboration of services, providing different support, groups, and training for people with mental health difficulties. | 0191 261 0948 | [www.recoverycoco.com](http://www.recoverycoco.com)  Email: [info@recoverycoco.com](mailto:info@recoverycoco.com) | Summer 22 prospectus on the website |
| **Homelessness** | | | | | |
| **Basis**  **Fulfilling Lives** | Basis Gateshead, Progress House, Warwick St, Gateshead, Tyne & Wear, NE8 1TD | A Christian homelessness charity who exists to reignite hope and a future for everyone facing homelessness  through Basis crisis service; supported accommodations; Empower for women escaping domestic abuse; Aspire-unemployment and financial skills training | [0191 477 7100](tel:01914777100)  0191 2738891 | 1. Northeasthomeless.org.uk/directory/basis-gateshead 2. Email: [info@oasiscommunityhousing.org](mailto:info@oasiscommunityhousing.org) |  |
| **Changing Lives** | 2 supported housing services available in Gateshead | Supported housing to get homeless people back on their feet, support with seeking benefits, budgeting etc |  | 1. [www.changing-lives.org.uk/](http://www.changing-lives.org.uk/) | **Referral via Gateshead Council after presenting as homeless** |
| **Crisis Skylight** | City House, 1-3 City Road, Newcastle upon Tyne, NE1 2AF | Services for people currently homeless/in temporary accommodation, or at risk of sleeping rough. Provides education, training and courses including IT, art, creative writing, meditation, and yoga.  Training and volunteer opportunities in Skylight café | 0191 2220622 | 1. [www.crisis.org.uk](http://www.crisis.org.uk) 2. [Crisis Newcastle | Crisis Skylight Newcastle | Crisis UK](https://www.crisis.org.uk/get-help/newcastle/) 3. Email: [enquiries.newcastle@crisis.org.uk](mailto:enquiries.newcastle@crisis.org.uk) | Mondays and Wednesday 10am-1.30pmMOn & Wed 10-1.30pm |
| **Homegroup** |  | Can help with housing, budgeting, and accessing benefits |  | 1. <https://www.homegroup.org.uk/find-a-home/homes-to-rent/gateshead/> 2. [www.homegroup.org.uk](http://www.homegroup.org.uk) | **Register for online search** |
| **Support / Activities** | | | | | |
| **Angelou Support Centre** | * + 17 Brighton Grove,   + Newcastle,   + Tyne and Wear,   NE4 5NS | Offers free emotional, practical, and advising support to black and minority ethnic female victims of sexual violence, honour-based violence, forced marriage and domestic slavery in Newcastle. It is a chance for women to get together and support one another, get advice, learn about volunteering and employment opportunities. | 0191 2260394 | <http://angelou-centre.org.uk>  Email: [admin@angelou-centre.org.uk](mailto:admin@angelou-centre.org.uk) | Services in operation, working both remotely  and face to face.  Taking referrals for the violence against women  services and recruiting learners for online training  and activities.  **Self or professional referral** |
| **Anxious Minds** | Newcastle city centre.  Additional locations in Wallsend and North Shields | *Counselling and Psychotherapy*  *Support Groups*  *Art Groups*  *CPD Training & workshops* | 0191 2620305 | [www.anxiousminds.co.uk](http://www.anxiousminds.co.uk)  Email: [info@anxiousminds.co.uk](mailto:info@anxiousminds.co.uk) | Free drop in, support groups, workshops,  & Friendship groups  Face to face and telephone support  £20 a session for one-to-one counselling.  Following initial assessment, there may be a short wait up to about a month |
| **Citizens Advice** | The Davidson Building, Swan St, Gateshead NE8 1BG | Wide range of free an impartial advice, including benefits, discrimination, employment, housing, gambling support and relationships | 0344 2451288 | <https://citizensadvicegateshead.com>  Email via website | **Online, phone, drop-in hubs** |
| **Comfrey PROJECT** | The Comfrey Project Windmill Hills Centre Chester Place GATESHEAD NE8 1QB | Provides refugees and people seeking asylum across Tyneside with opportunities to engage in gardening, allotment work and cooking. They also have additional shared creative tasks and share meals. Additional opportunities for peer support and English language conversation. | 0191 4477801  07795320706 | <http://thecomfreyproject.org.uk/>  Email: [info@thecomfreyproject.org.uk](mailto:info@thecomfreyproject.org.uk) | Resumed face to face |
| **Cruse Bereavement** | 2 St Gabriel's Ave, Newcastle upon Tyne NE6 5QN | Support for bereaved people to help achieve a sense of purpose for the future | 0191 2765533 | [www.cruse.org.uk](http://www.cruse.org.uk)  Email [tyneside@cruse.org.uk](mailto:tyneside@cruse.org.uk) | **Phone or email** |
| **Gateshead Carers Service** | **John Haswell House 8-9 Gladstone Terrace Gateshead NE8 4DY** | Short breaks  Social & Activity Groups  Peer Support Groups  Live Chat and e-learning  Training  One-to-one support  Benefits advice & support | 0191 4900 121 | [www.gatesheadcarers.com/](http://www.gatesheadcarers.com/)  Email: [enquiries@gatesheadcarers.com](mailto:enquiries@gatesheadcarers.com) | April 22 update: working remotely via **phone or email** with a view to some face-to-face contact later in 2022 |
| **Gateshead Clubhouse** | Gateshead Clubhouse, Worcester Green  Gateshead NE8 1NH | Café plus activities e.g., mindfulness, yoga, crafts, and cooking etc | 0191 4409033 | <Https://gatesheadclubhouse.com>  Email [gateshead.clubhouse@gmail.com](mailto:gateshead.clubhouse@gmail.com) | Mental health support hub run by its members  Monday to Friday 11.4.30pm  Saturday 12-4.30pm |
| **Scotswood Community Garden** | Scotswood Natural Community Garden John Marley Centre Yewcroft Avenue,  Newcastle upon Tyne NE15 6TU | The project provides gardening training, work experience and support for people looking to get back in to work, and therapeutic gardening sessions for people with mental health issues.  We support our volunteers with training where possible, and we run free, accredited courses in horticulture and adult social care. Where needed we also help volunteers to find employment and we regularly provide references for our volunteers. Volunteers have also been involved in various arts projects. DBS checks required. | 0191 2750000 | <https://sncg.org.uk/>  Email: [office@sncg.org.uk](mailto:office@sncg.org.uk) | Currently working out of the office  **Email or phone for details** |
| **Tyneside Women’s Health** | Gateshead & Head Office  30 Half Moon Lane, Gateshead, NE8 2AN | TWH aims to support women in Tyneside to flourish by having access to the right mental health and wellbeing support. They offer:  Educational courses to improve coping strategies.  Counselling  service Support groups  Therapeutic activities e.g., craft and singing.  Domestic violence courses | 0191 4777897 | [www.tynesidewomenshealth.org.uk](http://www.tynesidewomenshealth.org.uk)  Email: [enquiries@tynesidewomenshealth.org.uk](mailto:enquiries@tynesidewomenshealth.org.uk) | Face to face and online support  **Self-refer, or professional referral. Form on website** |
| **Young Dads and Lads** | **c/o Baltic Centre**  **South Shore Road**  **Gateshead**  **NE8 3BA** | Someone to talk to who won't judge, learning new skills, support, meeting other young men /dads | 07990 164449 | <https://www.neydl.uk/>  email: [info@neydl.uk](mailto:info@neydl.uk) |  |