



cygnus
support

counselling
education
change

Other Mental Health Services

Crisis Team Morpeth (covers Northumberland)

0303 123 1146

Talking Matters Northumberland

0300 303 0700

National Domestic Violence Helpline

0800 2000247

Community Mental Health Team

01670 844700

Samaritans

FREEPHONE (Landlines & Mobiles) 116 123

Email: jo@samaritans.org

Papyrus (national UK charity for the prevention of young suicide)

A young person at risk of suicide or someone concerned about a young person can:

Call : 0800 068 41 41 (Mon-Fri 10 am to 5pm and 7pm to 10pm; weekends 2pm-5pm)

Text : 07786 209697

Email: pat@papyrus-uk.org

Streetwise

Mental health support for young people:

0191 2305400/2305533



LOTTERY FUNDED



Police and Crime Commissioner
Northumbria

Rethink National

Advice team dealing with mental health and related issues:

0300 5000 927 (Mon-Fri 10-2, not including Bank Holidays).

SANE

National, out-of-hours mental health helpline. Specialist emotional support and information for anyone affected by mental illness including family, friends or carers.

0300 3047000 / 0845 767 8000

Childline

0800 1111

If U Care Share

Promotes emotional wellbeing in young people in the North East and supports families affected by suicide.

0191 387 5661

SORTED

Sorted are Substance Misuse services for young people in Northumberland

01670 536400

Other resources:

YOUNGmINDS

Young minds:

The UK's leading charity fighting for children and young people's mental health

Young person:

If you need urgent help text **YM to 85258**

All texts are answered by trained volunteers, with support from experienced clinical supervisors

Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

Parents : Speak to our experts at the Parents Helpline – call 0808 802 5544

www.youngminds.org.uk



Campaign Against Living Miserably

(CALM) : a service for young men CALM, the campaign against living miserably, exists to prevent male suicide in the UK.

www.thecalmzone.net



Childline: is a private and confidential service for children and young people up to the age of nineteen.

www.childline.org.uk



Mental Health Forum: committed to reducing the suffering caused by mental ill health and to help everyone lead mentally healthier lives.

www.mentalhealth.org.uk



Mental Health Matters: Mental Health Matters (MHM) was established 30 years ago by families and carers in the North East to provide support and care for people they loved with mental health problems.

www.mentalhealthmatters.com



MIND: Provide advice and support to empower anyone experiencing a mental health problem. Campaign to improve services, raise awareness and promote understanding.

www.mind.org.uk



SCIE: The Social Care Institute for Excellence (SCIE) improves the lives of people who use care services by sharing knowledge about what works

www.scie.org.uk



SANE: is a leading UK mental health charity. We work to improve quality of life for anyone affected by mental illness.

www.sane.org.uk



Time to Change: is England's biggest programme to challenge mental health stigma and discrimination.

www.time-to-change.org.uk