

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

Take a break

Sleep easily with Shazzie

Digipill

7 second meditation

Calm

'Meditation Oasis' Podcast

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:

- Bereavement
- Post Traumatic Stress Disorder
- Self harm
- Stress
- Abuse
- Eating Disorder
- Depression and Low mood
- Health Anxiety

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

Search for "self help Northumberland" on the iTunes or Google Play app store. Or <https://www.ntw.nhs.uk/resource-library/>

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: 0303 123 1146**