

Mental Health

Mental health is about how we think, feel and behave. 1 in 4 people in the UK have a mental health problem which affects their normal daily life, relationships or physical health. Read on for more information or use the links below to jump to the section you need:

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Looking after your mental health and wellbeing

Life can be busy and chaotic. It's important to look after your health both mentally, physically and emotionally to be able to enjoy life and to help you cope when times are hard. There are many ways you can take time for yourself and develop your 'emotional resilience' including:

Talking to others about your feelings: being connected to people helps. Call a friend, family member, a [telephone helpline](#) or [visit a local support group](#). Ask for [help from your GP](#) when you need it. Attend a counselling session. Find local organisations on the right hand of this page.

Practising mindfulness: to help you to pay attention to your thoughts, sensations and feelings in a non-judgemental way. Mindfulness is the opposite of being on autopilot and enables you to take control of your mind rather than allowing your mind to be in control of you.

Keeping your brain active: helps to keep your memory in shape and boost your happiness levels.

Being active: exercising helps to boost your natural happiness hormones. It's also a way to connect with new people.

Try something new or something you enjoy: taking part in an activity you enjoy will help boost your confidence. Or learn some new skills and try a new hobby.

Take some time for yourself: take a break if you need it, a change of scenery, listen to some music, read a book or you could try a [complementary therapies](#)

Eat and drink sensibly: in times of stress or upset we may turn to the food or drink to comfort us or try to change how we feel. Your mind and body need a balanced diet to work well.

Try relaxation techniques: listen to these free guides can or read the [free mental health guides](#)

Take care of other worries that you have: they drain you of your energy and wellbeing. Local support is available to help with [money](#) or [debt](#) worries, [addictions](#), [looking for work](#), threat of [homelessness](#), [family or relationship problems](#), and [being a carer](#).

Symptoms of poor mental health

There are a wide range of mental health symptoms. They can affect anyone, regardless of age, race, gender or social background.

Symptoms can include:

- feeling sad, anxious, angry or irritable
- losing interest or enjoyment in things
- crying a lot or unable to cry
- feeling lonely even in company
- worrying a lot about your health despite reassurance from a GP
- uncontrollable and unhealthy eating habits
- poor sleeping pattern
- social anxiety, low self-esteem, as well as low mood, often related to significant life events, including bereavement and loss, loss of employment or inability to participate in meaningful activity.

Without care and treatment, mental health symptoms can have a serious effect on you and the people around you. There are many ways to look after your mental health.

Causes of mental health problems

There is no single cause of mental health problems but symptoms are listed above. The reasons they develop are as complex as the individual. Sometimes people with mental health problems are discriminated against which can lead to social problems such as homelessness and may make the mental health problem worse.

Mental health problems are more common in for people:

- living in poor living conditions

- from ethnic minorities
- with a health problem such as, long term medical condition or sudden onset condition, alcohol and drug abuse, addictions, insomnia
- unable to participate in their community or activities
- who are homeless
- in the criminal justice system or ex offenders
- conflicting demands of work and home, of ageing parents and growing children
- high levels of job stress

Mental health problems can develop after difficult life events, such as moving house, losing your job or a death of someone special. Drinking too much alcohol over a long period of time and using illegal drugs can add to mental health problems, particularly in people who are already vulnerable.

Some mental health problems are more common for certain people. For example, women's happiness and wellbeing can dip between the ages of 46 and 55 years. Drug and alcohol addictions are more common in men and they're more likely to commit suicide.

What to do in a mental health crisis

A mental health crisis can mean different things to different people. Crises cause a significant disruption to your life and your ability to function. You may have an existing problem that suddenly gets much worse or you might experience a psychiatric problem owing to major life events, such as, an accident, bereavement or marriage break up.

If you are in distress, need immediate help and are unable to see a GP, you can call the:

- [CNTW Crisis Resolution at home team NHS \(CRHT\)](#) available 24 hours a day 7 days a week. They offer assessment and home treatment as an alternative to hospital admission, for people over 16 experiencing a mental health crisis
- [Community Health and Social Care Direct Emergency Duty Team \(EDT\)](#) for advice, safeguarding and emergency support
- [NHS 111](#) is staffed by clinicians and call handlers. NHS 111 can transfer you to 999 if it's an emergency
- [Northumbria Police](#) can be contacted if someone is in immediate danger

Read our [24 hour support mental health](#) article. You may find it useful to talk to someone you trust or [one of the organisations below](#).

Treatment for mental health problems

When experiencing mental health problems you should seek the [advice and support of your GP](#).

It's important that you know about the options available, so you can make a decision about what treatment suits best. There are many treatment options including:

- **medication:** is used to treat conditions such as schizophrenia, depression, bipolar disorder,

anxiety disorders, and attention deficit-hyperactivity disorder (ADHD). Sometimes medications are used alongside talking therapies

- **counselling and cognitive behaviour therapy (CBT):** a type of talking therapy that allows a person to talk about their problems and feelings in a confidential environment and encourages you to take positive steps
- **psychotherapy:** usually involves talking to a trained therapist or specialist, either one-to-one, in a group or with your partner
- **complementary therapies:** treatments that fall outside mainstream healthcare. These treatments range from acupuncture and homeopathy to aromatherapy, meditation and colonic irrigation.
- **self help strategies:** download these free [mental health self help guides](#)

People with mental health problems need help and support to cope. An important step in the recovery process is for the person to accept they are ill and want to get better. This can take time. It's important for family and friends to be supportive.

Types of mental health problems

Mental health disorders take many different forms and affect people in different ways. Schizophrenia, depression and personality disorders are all types of mental health problem. Diseases such as Alzheimer's and dementia generally develop in old age, whereas eating disorders are more common in young people. You may find it useful to read our articles on some specific conditions:

- [Alzheimer's disease and dementia](#)
- [Depression](#)
- [Anxiety](#)
- [Bi-polar disorder \(manic depression\)](#)
- [Schizophrenia](#)
- [Addictions](#)

[The Mental Health Foundation](#) has detailed information about many different types of mental health problem which you can find using their [A-Z search facility](#).

Local information, advice and support

Self help resources and online tools

[Newcastle Libraries](#) run the '[Reading Well Books on Prescription](#)' scheme. The collection provides books available to borrow to help you manage your mental wellbeing. The books deal with issues such as anger, anxiety, fear, panic, worry, assertiveness, confidence, self-esteem, depression, eating disorders, fatigue and pain.

[Patient Information Centre](#) have a range of [free mental health guides](#) to download and [relaxation techniques](#) that can help relieve stress and gain a sense of wellbeing. Available in both male and female voices. The self help leaflets cover a range of topics such as: abuse, low mood, panic, post natal depression, alcohol, anxiety, eating disorders, controlling anger, stress, self harm and depression, sleep problems, depression in prisoners and post traumatic stress.

[Men's Health Forum](#) offers a Man MOT. This means you can contact a GP 24 hours a day, 7 days a week.

[Mental Health in Later Life](#) booklet from [Mental Health Foundation](#)

[The Campaign Against Living Miserably \(CALM\)](#) provides information and hosts a webchat service and a private online forum for men bereaved by suicide.

[NHS.UK](#) provides an online symptom checker, health information and links to medical services near you.

[Re Think Mental Illness](#) offers online advice and support.

Counselling services and support groups

[A Time 2 Talk](#) offers counselling to support individuals who are facing the impact of life changing events that can result in: Anxiety, Depression, Stress, loss of employment, adjusting to new way of living, loss of living independently, moving to sheltered accommodation, mobility loss, sight impairment, relying on others for care. They can support individuals, their carers, partners, family members and friends.

[ReCoCo: The Recovery College](#) run various peer-led support groups, and free educational and creative courses, which are open to anyone who would find them helpful in their recovery from mental illness, substance misuse, trauma or distress

[Richmond Fellowship](#) support and encourage people with mental health problems so they have the knowledge and confidence to make their own choices and manage their condition.

[Mental Health Concern \(MHC\)](#) provide supported accommodation, day services and rehabilitation services for people with complex and enduring mental health problems as well as community support and dementia care services. [Your Call](#) offers free support to help people live independently at home

[Mind Tyneside and Northumberland](#) runs a Safe Space Service MEA House. It is an informal group that offers essential support to adults who are experiencing problems with their mental health and emotional wellbeing. The aim of the service is to provide a supportive peer group where people can reduce isolation, build confidence, improve their wellbeing and take positive steps towards their recovery. They also have a [mental health at work gateway](#)

[Newcastle Talking Helps](#) offers free talking therapies, which can help with problems such as depression, anxiety, stress, anger, fears, bereavement and relationship difficulties. You can request a referral from your doctor or contact them directly to make an appointment.

[Newcastle United Foundation](#) is commissioned by Newcastle City Council to raise awareness

about mental health and encourage participation in health and wellbeing programmes.

North East Counselling Services delivers counselling services to carers and veterans across the North East.

PeerTalk Whitley Bay and Gateshead run free weekly support meetings, where you can talk about your worries and get support from like minded people.

Telephone support services

Mental Health Matters helpline is a confidential out of hours telephone service, which is staffed by trained and experienced telephone helpline workers. The service offers emotional support to anyone calling, including carers, and provides information on local and national mental health services.

SANE line is a national confidential out of hours telephone helpline that offers information, crisis care and emotional support to anybody affected by mental health problems. Interpreters are provided for callers to Saneline through Language Line, a service offering interpretation in over 100 languages.

Samaritans offer confidential listening either on their 24 hour telephone helpline, or face to face without an appointment. Face to face drop-ins are available 9am to 9pm.

Community Health & Social Care Direct have an Emergency Duty Team (EDT) who are available out of normal office hours for mental health emergencies.

NHS 111 deals with urgent requests that are not a life-threatening emergency. They have call operators to triage callers and a trained clinical team who will offer support and advice.

Shout is a free text service, on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Open 24 hour 7 days a week

Advocacy – support to get your voice heard

Independent Mental Health Advocates (IMHA) can support someone who is subject to the Mental Health Act, (This may also be known as detained or 'sectioned' under the Act).

- help patients understand information they are given by people involved in their care/treatment
- help them to talk to the people involved in their care/treatment
- access information about how the Mental Health Act applies to patient

Connected Voice Advocacy can provide practical support to deal with stress and anxiety that may be caused by not being able to access services or support you need.

Launchpad is an organisation run by and for people experiencing mental health problems. They are involved in the planning, delivery, monitoring and evaluation of mental health services.

Creative activities and complementary therapies

Chilli Studios provide creative based services for people with mental health problems, to promote social inclusion, encourage social interaction, build resilience, develop skills and ability, enable potential and improve wellbeing.

Key Enterprises provide opportunities to learn practical skills and make new friends through a range of hands on activities including, DIY training, The 'Men's Shed' project: have a go at woodwork, making, repairing, finishing or restoring items or craft and hobby activities, bike repairs and maintenance, physical and recreational activities such as cycling and artistic projects.

Mindfulness is a therapy that helps you to pay attention to your thoughts, sensations and feelings in a non-judgemental way. Mindfulness is the opposite of being on autopilot and enables you to take control of your mind rather than allowing your mind to be in control of you. It can be helpful for people with mild to moderate symptoms of stress, anxiety and depression.

Complementary Therapies such as acupuncture, aromatherapy and reflexology can be used to improve mood and wellbeing.

Converge at Northumbria offer free educational campus-based opportunities to those 18 years and over, in the community who have/ or are experiencing challenges associated with mental health.

Carers

Newcastle Carers provide confidential information and support to adult carers who are looking after someone living in Newcastle. If you look after a friend or family member who has mental health problems and couldn't manage without your help, **then you are a carer**. They provide various support groups for Carers. Search our Events and Activities section and select 'Support Groups' in the 'Browse by type' box.

Please note – The content on this website is provided for general information only and should not be treated as a substitute for the medical advice of your own doctor or any other health care professional. If you are feeling unwell, make an appointment to see your GP or contact **NHS 111**. In an emergency **dial 999**.

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Useful Organisations

NHS 111

Website: www.nhs.uk/111

Samaritans

Email: jo@samaritans.org

Website: <http://www.samaritans.org/branches/samaritans-tyneside>

Telephone: 0191 232 7272

Address: Samaritan House, NE2 1QQ

SANE

Email: info@sane.org.uk

Website: www.sane.org.uk

Telephone: 0203 805 1790

Address: St. Mark's Studios, N7 8QJ

ReCoCo: The Recovery College Collective

Email: info@recoverycoco.com

Website: <http://www.recoverycoco.com/>

Telephone: 0191 261 0948

Address: Anderson House, NE1 6XA

Mental Health Concern (MHC)

Email: admin@mentalhealthconcern.org

Website: www.mentalhealthconcern.org

Telephone: 0191 222 0324

Address: 3rd Floor, New England House, NE1 8JW

Patient Information Centre – Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust (CNTW)

Website: www.cntw.nhs.uk

Telephone: 0191 246 7288

Address: St Nicholas Hospital, NE3 3XT

Newcastle Talking Helps

Email: refer@talkinghelpsnewcastle.org

Website: <http://www.talkinghelpsnewcastle.org/>

Telephone: 0300 123 4502

Address: Silverdale, NE4 8RR

Campaign Against Living Miserably (CALM)

Email: info@thecalmzone.net

Website: www.thecalmzone.net

Telephone: 0203 697 9331

Address: Po Box 68766, SE1P 4JZ

Newcastle Libraries

Email: information@newcastle.gov.uk

Website: www.newcastle.gov.uk/leisure-libraries-and-tourism/libraries

Telephone: 0191 277 4100

Address: Newcastle City Library, NE1 8AX

MIND

Email: admin@tynesidemind.org.uk

Website: www.tynesidemind.org.uk

Telephone: 0191 477 4545

Address: Tyneside MIND, NE8 4QL

British Register of Counsellors and Psychotherapists

Email: bacp@bacp.co.uk

Website: www.bacpregister.org.uk

Telephone: 0191 477 4545

Address: BACP Register of Counsellors and Psychotherapists, LE17 4HB

Shout

Email: info@giveusashout.org

Website: <https://www.giveusashout.org/>

Telephone: Text 852 58

Mental Health Matters

Email: info@mhm.org.uk

Website: www.mhm.org.uk

Telephone: 0191 273 4614

Address: MHM Central Office, Avalon House, SR5 3XJ

healthtalk.org

Email: info@healthtalkonline.org

Website: www.healthtalk.org

Telephone: 0191 273 4614

Re Think Mental Illness

Email: info@rethink.org

Website: www.rethink.org

Telephone: 0300 5000 927

Address: 15th Floor, SE1 7TP

Connected Voice Advocacy

Email: advocacy@cvsnewcastle.org.uk

Website: www.advocacycentrenorth.org.uk

Telephone: 0191 235 7013

Address: Newcastle Council for Voluntary Service, NE1 8AF

Mental Health Foundation

Website: www.mentalhealth.org.uk

Telephone: 020 7803 1100

Address: Colechurch House, SE1 2SX

Self injury Support

Email: info@selfinjurysupport.org.uk

Website: www.selfinjurysupport.org.uk

Telephone: 0117 9279600

Address: PO Box 3240, BS2 2EF

Newcastle Treatment and Recovery (NTaR) – Drug and Alcohol Service at CNTW NHS Foundation Trust

Email: NTARreferrals@cntw.nhs.uk

Telephone: 0191 206 1100

Address: Plummer Court, NE1 6UR

Men's Health Forum

Email: office@menshealthforum.org.uk

Website: <http://www.menshealthforum.org.uk>

Telephone: (+44) 020 7922 7908

Address: 32-36 Loman Street, SE1 0EH

Independent Mental Health Advocates (IMHA)

Website: <https://www.yvc.org.uk/>

Telephone: 0191 478 6472

Address: The Old Bank, NE8 1AX

Chilli Studios

Email: info@chillistudios.co.uk

Website: <http://www.chillistudios.co.uk/>

Telephone: 0191 2094058

Address: Blackfriars Centre, NE1 2TQ

Forward Assist

Email: admin@forward-assist.com

Website: <http://www.forward-assist.com/>

Telephone: 0191 250 4877

Address: c/o John Willie Sams Centre, NE23 7HS

A Time 2 Talk

Email: atime2talk@hotmail.com

Website: <http://www.atime2talk.co.uk/>

Telephone: 07538891325

Address: A Time 2 Talk is based within : Disability North, NE3 1PH

North East Counselling Services

Email: info@necounselling.org.uk

Website: www.necounselling.org.uk

Telephone: 0191 4408127

Address: Davidson Building, NE11 9AR

Tyneside Women's Health

Email: enquiries@tynesidewomenshealth.org.uk

Website: www.tynesidewomenshealth.org.uk

Telephone: 0191 477 7898

Address: Wilfred Street, NE6 1JQ

Richmond Fellowship

Email: communications@richmondfellowship.org.uk

Website: www.richmondfellowship.org.uk

Telephone: 0151 482 6140

Address: Unit 13B, L34 1BD

Women's Health Concern (WHC)

Website: www.womens-health-concern.org

Telephone: 0151 482 6140

Crisis Skylight Newcastle

Email: enquiries.newcastle@crisis.org.uk

Website: <https://www.crisis.org.uk/get-help/newcastle/>

Telephone: 0191 222 0622

Address: City House, NE1 2AF

Cruse Bereavement Care

Email: tyneside@cruse.org.uk

Website: www.cruse.org.uk

Telephone: (0191) 276 5533

Address: St Gabriel's Centre, NE6 5QN

Family Lives

Email: parentsupport@familylives.org.uk

Website: www.familylives.org.uk

Telephone: 0191 284 4060

Address: Space Works, NE7 7LX

Key Enterprises

Email: reception@key-enterprises.com

Website: <http://www.key-enterprises.com>

Telephone: 0191 270 1138

Address: Unit 36, Bellingham Drive, NE12 9SZ

Newcastle Carers

Email: info@newcastlecarers.org.uk

Website: www.newcastlecarers.org.uk

Telephone: 0191 275 5060

Address: 135-139 Shields Road, NE6 1DN

If U Care Share Foundation

Email: share@ifucareshare.co.uk

Website: <https://www.ifucareshare.co.uk>

Telephone: 0191 387 5661

Address: 27 The Close East, DH2 2EY

Community Health and Social Care Direct – Newcastle City Council

Email: scd@newcastle.gov.uk

Website: <http://www.newcastle.gov.uk/health-and-social-care/adult-social-care>

Telephone: 0191 278 8377

Change Grow Live

Website: <https://www.changegrowlive.org/>

Telephone: 0191 261 5610

Address: Bridge View House , NE1 2AF

NHS

Website: www.nhs.uk

Telephone: 0191 261 5610

PeerTalk Whitley Bay and Gateshead

Email: rosa@peertalk.org.uk

Website: <http://www.peertalk.org.uk/>

Telephone: 07719 562 617

Address: PeerTalk,, NE26 2HU

Crisis Resolution and Home Treatment Team Newcastle and Gateshead (CNTW NHS Foundation Trust)

Website: <https://www.cntw.nhs.uk/services/crisis-resolution-home-treatment-service-newcastle-gateshead/>

Telephone: 0191 814 8899

Address: Ravenswood Road, NE6 5TX

Newcastle United Foundation

Email: daniel.hancock@nufc.co.uk

Website: <http://www.nufoundation.org.uk/>

Telephone: 0844 372 1892 Ext 8451

Address: St James's Park, NE1 4ST

Converge at Northumbria University

Email: ally2.hunter@northumbria.ac.uk

Telephone: 0191 243 7393

Address: Northumbria University, NE1 8ST

Mental Health Recovery Support Community Outreach

Telephone: 0191 278 8202

Address: Recovery Support Team, Care Services, NE4 9LU

Road to Recovery Trust

Email: info@roadtorecoverytrust.org.uk

Website: <https://www.roadtorecoverytrust.org.uk/>

Telephone: 0191 691 0252

Address: 7 Summerhill Terrace, NE4 7JN

Willow View – Rehabilitation and Recovery Unit – Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust (CNTW)

Website: <https://www.ntw.nhs.uk/content/uploads/2017/01/Willow-View-1.pdf>

Telephone: 0191 246 7241

Address: St Nicholas Hospital, NE3 3XT

Launchpad

Email: launchpadncl@aol.com

Website: www.launchpadncl.org.uk

Telephone: 0191 233 0382

Address: Anderson House, NE1 6XA

Papyrus

Email: pat@papyrus-uk.org

Website: <https://papyrus-uk.org/>

Telephone: 0800 068 4141

Address: Lineva House, WA5 1AD

Related Articles

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