

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

## Coronavirus guidance and information including visiting information

The Patient Information Centre has a range of [mental health self help guides](#) which you can download for free, covering everything from anxiety and depression to bereavement and abuse.

They also offer a range of health related information including:

- advice on medication
- medical conditions
- procedures and treatments
- information about complaints procedures
- copies of leaflets

Last updated: May 15, 2020

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**Telephone:** 0191 246 7288

**Website:** [www.cntw.nhs.uk](http://www.cntw.nhs.uk)

**Website 2:** <https://www.cntw.nhs.uk/resource-library/patient-information-centre-information-leaflet/>

**Twitter:** <https://twitter.com/CNTWNHS>

**Facebook:** <https://www.facebook.com/CNTWNHS>

**Youtube:** <https://www.youtube.com/channel/UCXJ9zcf0P7LKOA6XKOQktg>

**Opening Hours:** Monday to Friday  
10.00 am - 12.30 pm;  
1.00 pm - 4.30 pm

**Cost:** Free

**Address:**

St Nicholas Hospital  
Jubilee Road  
Gosforth  
Newcastle upon Tyne  
NE3 3XT

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