

Tyneside and Northumberland Mind

Tyneside and Northumberland Mind offer free advice and support to people living in Newcastle experiencing a mental health problem. You can contact them directly to use the service, or be referred by your GP. They run:

- Telephone support line for people over 16. They'll listen to you and offer practical and emotional support
- informal support groups and wellbeing groups
- one to one counselling
- Weekly Safe Space sessions at [Brunswick Methodist Church](#) on Tuesday afternoons. You can take part in facilitated group discussions, workshops and activities to help you to learn how to effectively manage your own mental health and get more control over your life.
- private Facebook group (see below)
- proactive support for people who don't meet the threshold for services or as a step down from services (ACT)
- High Intensity Support Service (ACT)
- [Autism and ADHD mental health support service](#) which includes one to one support and a regular social group which meets in Gateshead
- 5 week training courses 'Autism and me' and 'ADHD and me'

[Mind](#) provide free online and telephone information, advice and support to anyone with mental health problems. This includes general information and signposting and legal advice.

Last updated: June 29, 2023

Telephone: 0191 477 4545

Telephone note: Helpline open 7 days a week, 8am to 10pm (calls charged at local rate) for over 16s

Telephone 2: 0330 174 3174

Telephone 2 note: ACT and High Intensity Support Service

Website: www.tynesidemind.org.uk

Helpline: 0330 174 3174

Open 7 days a week, 8am to 10pm (calls charged at local rate) for over 16s

Fax: 0191 477 8719

Email: admin@tynesidemind.org.uk

Website 2: www.mind.org.uk

Facebook: <https://www.facebook.com/groups/890576728039313/>

Cost: Free

Address:

Tyneside and Northumberland Mind
1st Floor MEA house
Ellison Place
Newcastle upon Tyne
NE1 8XS

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