

## Newcastle Talking Helps

Newcastle Talking Helps is a free and confidential service offering a range of talking therapies, advice, information and support. Talking therapies can help people 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.

Talking Helps is delivered by Insight Healthcare on behalf of the NHS.

Last updated: October 4, 2018

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**Telephone:** 0300 123 4502

**Telephone note:** Insight Healthcare enquiries

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

**Helpline:** 0300 555 1115

*Local rate*

**Email:** [refer@talkinghelpsnewcastle.org](mailto:refer@talkinghelpsnewcastle.org)

**Website 2:** <https://www.insighthealthcare.org/our-services/talking-therapies/newcastle/>

**Opening Hours:** Mon to Thurs 8am to 8pm. Fri 8am to 5pm. Sat 8am to 1pm

**Cost:** Free

**Address:**

Silverdale

Fenham

Newcastle upon Tyne

NE4 8RR

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