Information NOW
Information for people in Newcastle upon Tyne

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

The Patient Information Centre has a range of **mental health self help guides** which you can dowhttps://web.ntw.nhs.uk/selfhelp/nload 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: December 20, 2024

Telephone: 0191 246 7288

Website: www.cntw.nhs.uk

Website 2: www.cntw.nhs.uk/selfhelp

Twitter: https://twitter.com/CNTWNHS

Facebook: https://www.facebook.com/CNTWNHS

Youtube: https://www.youtube.com/channel/UCXJ9zcfo0P7LKOA6XKOQktg

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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ME (or Chronic Fatigue Syndrome)

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