Samaritans

Samaritans provide confidential emotional support to people experiencing feelings of distress and despair, including those which could lead to self harm or suicide. Through their 24 hour telephone helpline and face to face drop in sessions trained volunteers provide a listening ear to people struggling to cope with everyday life.

Last updated: January 23, 2020

Telephone: 0191 232 7272

Telephone note: Newcastle branch number

Telephone 2: 07725 909090

Telephone 2 note: Text service only. Messages are charged at your normal text rate

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

Helpline: 116 123

Freephone from mobiles and landlines. Open 24 hours a day, 7 days a week.
Email: jo@samaritans.org

Opening Hours: Helpline open 24 hours a day, 7 days a week.
Drop in, no appointment needed, for face to face support Monday to Sunday 9am to 9pm

Cost: Free

Address:
Samaritan House
15 Portland Terrace
Jesmond
Newcastle Upon Tyne
NE2 1QQ

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Self harm

Christmas and New Year holiday opening times for support services