Information NOW
Information for people in Newcastle upon Tyne

Tyneside and Northumberland Mind

Tyneside and Northumberland Mind provide mental health support services and training to promote positive mental health.

They offer a range of free support services across the region to communities:

- Telephone Support Line – available Monday to Sunday for anyone aged 16 or over in need of a listening ear. Monday-Friday 2pm-10pm and Saturday-Sunday 12pm-8pm. Call 0330 174 3174 or 0191 477 4545 (Calls are charged at a local rate)
- 6-Week Wellbeing Workshops – helping you build practical skills to support positive mental health and your ability to overcome personal barriers, manage life's challenges and support your own wellbeing through interactive activities, discussions and guided explorations.
- Safe Space Support and Wellbeing Groups – where you can engage in group discussion, workshops and activities to help you to learn how to effectively manage your mental health and get more control over your life.
- 6-Week Digital Confidence Courses – to help you build your confidence, connection and wellbeing in a digital world.
- Specialist trauma-informed counselling – support for children and young people who have experienced the loss of a loved one to suicide or traumatic death.
- Specialist support for victims – here for witnesses, and their family, of a violent crime with mental health support.
- Training and Education – sessions and workshops on mental health and wellbeing, available for booking.
- Online Selfcare & Wellbeing Hub – with stories of lived experience, coping strategies, wellbeing, exercise, relaxation techniques and more.

Find support by area!

Additional services are available at Tyneside and Northumberland Mind's in certain areas. Find further information about support available in your area here: https://www.tynesidemind.org.uk/get-help/wellbeing-and-resilience/

Last updated: September 9, 2026

Telephone: 0191 477 4545

Telephone note: Support Line open Weekdays 2pm-10pm and Weekends 12pm-8pm. (Calls charged at your local rate)

Website: www.tynesidemind.org.uk

Helpline: 0330 174 3174

Support Line open Weekdays 2pm to 10pm and Weekends 12pm to 8pm. (Calls charged at your local rate)
Email: admin@tynesidemind.org.uk

Twitter: https://x.com/TynesideMind

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

Opening Hours: Monday-Friday 09:00-17:00

Cost: Free

Address:
Tyneside and Northumberland Mind
3rd Floor Tru-Knit House
Carliol Square
Newcastle upon Tyne
NE16UF

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