

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)
- [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.
- [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](#), witnesses, and their family, of a crime.
- [Training and Education](#) sessions and workshops on mental health and wellbeing, available for booking.
- An [Online Selfcare & Wellbeing Hub](#), with stories of lived experience, coping strategies, wellbeing, exercise, relaxation techniques and more.

Last updated: April 10, 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
Carlilol Square
Newcastle upon Tyne
NE16UF

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