Information NOW
Information for people in Newcastle upon Tyne

SANE

SANE provides one to one emotional support when you have a problem with your own mental health, or when someone close to you is struggling. They offer support through:

- SANEline a national confidential out of hours telephone helpline for anyone affected by mental health problems. Open from 4pm-10pm daily on 03003047000. They offer information and emotional support.
- TextCare register on their website to receive up to 3 support text messages from SANE. You can request more support after this.
- Call Backs from a member of their team when you need more support than the helpline can offer – info at SANEline services – SANE
- Email – support@sane.org.uk

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Website: www.sane.org.uk

Helpline: 0300 304 7000

Everyday 4pm to 10pm
Email: support@sane.org.uk

Twitter: http://twitter.com/CharitySANE

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

Youtube: http://www.youtube.com/charitySANE

Cost: Free

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