

## Mental Health Matters

Mental Health matters offer four services in the Newcastle area:

### Newcastle Registered Care Housing

This is a residential care service for people with mental health needs that provides a safe and supportive environment where people can progress with their recovery and develop the skills that they need to live independently.

### Newcastle Supported Housing

The aim of this service is to support people who have mental health needs and are in need of a place to live, to move into temporary housing for a period of up to two years and be supported there.

### Employment Matters Newcastle

Newcastle Employment Matters is a Specialist Employment Support service that is personalised to suit your individual needs. They deliver employment support through a bespoke service model.

### Make Your Move Employment Support

Make Your Move is a specialist employment support service that provides people aged 18+ with all the support and guidance they need to help them find and stay in stable, paid employment.

Email: [makeyourmove@mh.org.uk](mailto:makeyourmove@mh.org.uk)

Last updated: September 15, 2021

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**Telephone:** 0191 273 4614

**Telephone note:** Newcastle Registered Care Housing

**Telephone 2:** 0300 323 0083

**Telephone 2 note:** Newcastle Supported Housing

**Telephone 3:** 079 125 80840 or 079 907 90918

**Telephone note 3:** Employment Matters

**Website:** [www.mhm.org.uk](http://www.mhm.org.uk)

**Helpline:** 0191 516 3500

**Email:** [info@mhm.org.uk](mailto:info@mhm.org.uk)

**Twitter:** [https://twitter.com/MHM\\_Info](https://twitter.com/MHM_Info)

**Cost:** Free

**Address:**

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Sunderland Enterprise Park  
Sunderland  
SR5 3XJ

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