

**Vita Health Group: Call 0330
0534 230**

If you are struggling with **depression, anxiety, excessive worry or low mood**, then Vita can help. Working in partnership with the NHS, Vita provides talking therapy services, known as IAPT (Improving Access to Psychological Therapies) and we can provide advice and guidance on the best options for you. Vita is a free NHS service.

Anxiety UK: Call 03444775774

Anxiety UK is a charity providing support if you have been diagnosed with an anxiety condition, you can call or visit them at their website:
www.anxietyuk.org.uk

**Moving Forward: Call 0191 222
0324, Text: 07593 784 781**

Moving Forward Newcastle helps anyone who is affected by mental ill-health to get back on their feet.

**Rethink Mental Illness: Call 0300
5000 927**

Support and advice for people living with mental illness.

SANE: Call 0300 304 7000

Emotional support, information and guidance for people affected by mental illness, their families, and carers.



Elswick Family Practice
Committed to Our Community

Online Support

- **Every Mind Matters**
(Online help for adults who are dealing with stress and anxiety)
<https://www.nhs.uk/every-mind-matters/>
- **Mental Health Foundation**
Provides information and support for anyone with mental health problems or learning disabilities.
<https://www.mentalhealth.org.uk/>
- **MIND - Helplines**
Online website with links to community websites.
<https://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/helplines-listening-services/>
- **Tyneside Women's Health**
To preserve, protect and improve the mental health and wellbeing of women and girls.
<https://www.tynesidewomenshealth.org.uk/>
- **Men's Health Forum**
24/7 stress support for men by text, chat, and email.
<https://www.menshealthforum.org.uk/howru-hub>
- **Anxious Minds**
Supporting the North East, providing intervention and long term support.
Email:
info@anxiousminds.co.uk



Elswick Family Practice
Committed to Our Community

Accessing Support

 Tel: 01912986060
Email: elswickfamily.practice@nhs.net

Elswick Family Practice
Meldon Street
Elswick
Newcastle upon Tyne
NE4 6SH

Website: www.ElswickFamilyPractice.nhs.uk

 Facebook: Elswick Family Practice

 Twitter: @ElswickFamily



Dear Patient,

We want you to know that it is ok to ask for help when you need it.

This leaflet will provide you with information about all the local mental health services available to you for free, and how you can access them. We want you to know that you are not alone.

What is mental health?

Mental health includes your emotional, psychological, and social well-being. It affects how we think, feel and act. It also helps determine how we handle stress, relate to others, and make healthy choices. **It is extremely important to make sure that you look after your mental health and to ask for help if you are struggling.**

Here are some local services that can help you if you feel you are struggling with your mental health. Please do not wait to speak to someone if you need help.

Elswick Family Practice: Call 0191 298 6060

If you are a patient at Elswick surgery, you can always call us to arrange an appointment or a telephone call with a doctor to talk about how you are feeling. Your GP will be able to support you and help you in any way they can. Anything you do tell your GP is private and confidential and will not be shared with anyone.

Your GP can diagnose mental health problems and can provide treatment and support to you. GPs are experienced to deal with mental health problems, and they know what support and services are available in your local area.

Samaritans: Call 116 123 (Free to call)

Samaritans is a mental health charity available all day, every day to people who are going through a difficult time. You can call Samaritans for free on your mobile phone if you want to talk to someone about how you are feeling (You do not need credit on your mobile phone, it is free to call).

Samaritans offer a safe place. You can talk to Samaritans about anything, and anything you say will be kept private. You do not have to give them your name.

If you do not want to call Samaritans, then you can visit them in person at: 15 Portland Terrace, Newcastle upon Tyne, NE2 1QQ

They are open every day from 9am - 9pm.

Mind: Call 0300 123 3393

Mind is a mental health service which provides advice and support to empower anyone experiencing a mental health problem. You can call Mind on the number above from Monday - Friday 9am to 6pm.

Mind can talk to you and provide you with information about mental health problems, where to get help near you and talk to you about what treatment options are available to you.

Crisis Team: Call 0800 652 2863 (Free to call)

The Crisis Team is a team of experienced mental health staff, including nurses, social workers, psychiatrists, psychological therapists, peer supports and pharmacy staff. The crisis team provide mental health assessments and home treatment for people of all ages who are experiencing **an urgent mental health crisis**, as an alternative to hospital admission. The crisis team is available to call on any day at any time (day or night). **You do not need credit on your mobile phone, it is free to call. Mental Health crisis can mean different things to different people. Crisis causes a significant disruption to your life and your ability to function. It may be an existing problem suddenly getting much worse or the first experience of a psychiatric problem due to a major life event.**

What is a mental health crisis?

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Feelings of wanting to hurt yourself or others

If you ever feel as though you want to hurt yourself or others, this is a medical emergency, and you **MUST** call 999 (**immediately OR** attend the **Accident & Emergency Department Royal Victoria Infirmary, RVI**), Queen Victoria Road, Newcastle Upon Tyne, NE1 4LP.

If you're feeling so down that you cannot see a way out, you are not alone. Lots of people have felt like this and - with help - have managed to get through it. However bad you feel, there is lots of help there for you.

