



Mental Health First Aid Training



Contacts for those requiring help with their Mental Health

In the first instance it is advised to go to see their GP and ask to get referred to a Mental Health Specialist or call NHS DIRECT for advice 0845 4647

Mind

The largest Mental Health Charity in the UK with branches all over the UK offering various services and support

<http://www.mind.org.uk/> to find your nearest branch or call 0845 766 0163

Rethink

National charity for those with serious mental health problems

<http://www.rethink.org/> or call 0845 456 0455

Mental Health Matters Helpline

Mental Health Matters Helpline is a confidential service staffed by highly trained and experienced Telephone Helpline Workers, offering emotional support to anyone calling. They provide information on local and national services specific to Mental Health.

People do not need a diagnosed condition to call. People contact the helpline about many different issues such as bereavement, relationship problems, loneliness/isolation and stress. Ongoing support is available, including for carers in need of support.

Durham: 0800 085 7027 5pm-9am 24 weekends

Gateshead: 0800 085 1718 5pm-9am 24 weekends

Hartlepool: 0845 045 7110 5pm-9am 24 weekends

Kent & Medway: 0800 107 0160 5pm to 9am Monday - Friday & 24 hours Weekends & Bank Holidays

Newham: 0800 107 0161 5am to 12 Midnight Weekdays & 2pm to 12 Midnight Weekends & Bank Holidays

Middlesbrough: 0800 052 7350 6pm-6am

Newcastle: 0845 601 2457 6pm-6am

North Tyneside: 0845 601 2458 6pm - 6am

Redcar & Cleveland: 0800 052 0658 6pm-6am

Residents: 0800 085 1720

South Tyneside: 0800 085 1719 6pm-6am

Stockton: 0800 052 7349 6pm-6am

Sunderland: 0800 013 0626 5pm-9am 24 weekends

Remploy Employment Services: 0800 107 0163 7am-9pm Mon to Fri

Minicom: 0191 549 8563

NHS Stressline number is 0300 123 2000. It is open 8am-10pm daily NHS Stressline has been set up to help tackle rising levels of anxiety and distress caused by increasing unemployment and record levels of personal debt.

Ringing the helpline will cost no more than a national rate call to an 01 or 02 number.

Samaritans

Samaritans provides confidential non-judgemental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide

08457 90 90 90.

Please contact Rebecca Rutherford Admin and Marketing Officer on 01642 803727 with any queries



Delivered by Middlesbrough and Stockton Mind on behalf of the North East Mind MHFA Partnership

Contact us on: **01642 803727**

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