

Mental health self help and support



Northumberland,
Tyne and Wear
NHS Foundation Trust



Do you feel alone?

Are you feeling down,
upset or worried?

Did you get enough sleep,
or are you over thinking things?

www.ntw.nhs.uk/selfhelp

Loneliness can have a significant impact on your mental health. It can contribute to mental health issues, such as anxiety and depression. Here are some tips that you can take to improve your wellbeing.

Get active – Do some light exercise, join an exercise class or a walking club.

Stay connected – Make an effort to see friends and family regularly, or if you can't get out but would like some company try texting, phoning or using the internet.

Eat well – A healthy and balanced diet will help you feel your best. It's important to stay hydrated too.

Sleep well – You may find that your sleep pattern has changed. You can improve your sleep by reducing daytime naps, going to bed at the same time each night and reducing the amount of caffeine you drink.

Set goals – Join a Recovery College and learn new skills. A range of free courses are available to anyone who would find them helpful in their recovery from mental illness, substance misuse, trauma or distress.
www.ntw.nhs.uk/recovery

Speaking to someone about how you feel can help

Psychological Wellbeing Services

For adults finding it difficult to cope, feel low, anxious, stressed, worried or are not sleeping.

You can call direct:

- Newcastle: 0191 282 6600
- North Tyneside: 0191 295 2775
- Northumberland: 0300 3030 700
- Gateshead: 0191 283 2541
- Sunderland: 0191 566 5454
- South Tyneside: 0191 283 2937
- Veterans Wellbeing, Assessment and Liaison Service: 0303 123 1145

If you need help now

If you need urgent help with your mental health or learning disability you can get in touch with the Initial Response services. Open for anyone to call, 24 hours a day.

- people living in Gateshead, South Tyneside, Sunderland can call 0303 123 1145
- if you live in Newcastle, North Tyneside or Northumberland call 0303 123 1146
- if you or another person have been harmed or are at immediate risk you may require an emergency response contact 999

Samaritans - 116 123, 24 hours a day