**MENTAL HEALTH**

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| **Organisation** | **Group Name** | **Address** | **Tel** | **Email** | **Website** |
| Everyturn - together in a crisis | Various | 2 Esh PlazaSir Bobby Robson WayNewcastle upon TyneNE13 9BA | Location dependant | N/A | https://www.everyturn.org/crisis-support/together-in-crisis/ |
| Eating Distress North East | Various | The Old Post Office5 Pink LaneNewcastle upon TyneNE1 5DW | 0191 221 0233 | enquiries@edne.org.uk | https://www.edne.org.uk/ |
| Tyneside and Northmberland Mind | Various | 1st FloorMea HouseEllison PlaceNewcastleNE1 8XS | 0191 477 4545 | admin@tynesidemind.org.uk | <https://www.tynesidemind.org.uk/> |
| Tyneside Womens Health | Various | Tyneside Women's Health, Unit 12 Interchange CentreWest StreetGatesheadNE8 1BH | 0191 477 7898 | Use online form | https://www.tynesidewomenshealth.org.uk/ |
| Young Minds | N/A - online support | N/A | N/A | Young Persons text support available and parents helpline - see website | [www.youngminds.org.uk](http://www.youngminds.org.uk/) |
| Youth Focus North East | Loneliness and Isolation group | 21 Liddell TerraceGatesheadNE8 1YN | 0191 477 9966 | Use online form | https://youthfocusne.org.uk/ |
| Recovery College Collective (ReCoCo) | Various groups and courses to promote mental health wellbeing and recovery | 1 Carliol SquareNewcastle upon TyneNE1 6UF | 0191 261 0948 | info@recoverycoco.com | [www.recoverycoco.com](http://www.recoverycoco.com/) |
| Togetherall | N/A - online support | N/A | N/A | N/A | [www.togetherall.com](http://www.togetherall.com/) |
| Kooth | N/A - online support | N/A | N/A | N/A | [www.kooth.com](http://www.kooth.com/) |
| Qwell | N/A - online support | N/A | N/A | N/A | [www.qwell.io](http://www.qwell.io/) |
| Getting Help | Barnardo's Independence Project | 75 Osborne Road, Newcastle Upon Tyne, NE2 2AN | Via Single Point of Access 0303 123 1147 | Via Single Point of Access ngspaadmin@cntw.nhs.uk | <https://mymentalhealth.barnardos.org.uk/get-support/services/barnardos-young-people-and-families-team-independence-project> |
| Getting Help | Barnardo's Orchard Mosaic | 75 Osborne Road, Newcastle Upon Tyne, NE2 2AN | Via Single Point of Access 0303 123 1147 | Via Single Point of Access ngspaadmin@cntw.nhs.uk | <https://www.barnardos.org.uk/get-support/services/orchard-mosaic-trauma-informed-therapeutic-services> |
| Getting Help | Kooth | N/A | Via Single Point of Access 0303 123 1147 | Via Single Point of Access ngspaadmin@cntw.nhs.uk | [www.kooth.com](http://www.kooth.com/) |
| Getting Help | Kalmer Counselling | North Fawdon Community Centre, Fawdon Park Road, Newcastle Upon Tyne, NE3 2PL | Via Single Point of Access 0303 123 1147 | Via Single Point of Access ngspaadmin@cntw.nhs.uk | <https://kalmer-counselling.co.uk/> |
| Getting Help | Children North East | 4 Graingerville North Westgate Road, Newcastle Upon Tyne | Via Single Point of Access 0303 123 1147 | Via Single Point of Access ngspaadmin@cntw.nhs.uk | <https://children-ne.org.uk/how-we-can-help/> |
| Getting Help | North East Counselling | 1 Hartington Street, Gateshead, NE8 4EN | Via Single Point of Access 0303 123 1147 | Via Single Point of Access ngspaadmin@cntw.nhs.uk | <https://necounselling.org.uk/> |
| Getting Help | Streetwise | Dispensary Lane, Newcastle Upon Tyne NE1 1UQ | Via Single Point of Access 0303 123 1147 | Via Single Point of Access ngspaadmin@cntw.nhs.uk | <https://www.streetwisenorth.org.uk/services-3/> |
| The Mix | N/A - online support | N/A | N/A | N/A | [https://www.themix.org.uk](https://www.themix.org.uk/)  |
| Rollercoaster | Family Support | N/A | N/A | support@rollercoasterfs.co.uk | <https://www.rollercoasterfamilysupport.co.uk/> |
| Trinity Post 16 Solutions Ltd | Recovery and mental health | Condercum Road, Benwell, Newcastle upon Tyne, NE4 8XJ | 0191 298 6950 | sarahstuart@tanmat.org | <https://www.solutions.tanmat.org/trinity-post-16-solutions-ltd>  |
| Charlie Waller Trust  | Various – online support |  | 01635 869754 |  | <https://www.charliewaller.org/> |
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