

Mental health services in Northumberland

Barnardo's

Services for children and young people:

- Sexual abuse counselling
- Bereavement counselling
- Trailblazer group work

www.barnardos.org.uk
Tel: 0191 212 0237

BPAS

(British Pregnancy Advisory Service)

Pregnancy termination and counselling

www.bpas.org
Tel: 03457 30 40 30

Cygnus

Mental health and wellbeing services

Bereavement and generalised mental health counselling

www.cygnussupport.com
Tel: 01670 853 977

Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust

24-hour access to mental health care, advice and support

www.cntw.nhs.uk/needhelpnow
Tel: 0303 123 1146 (for all ages in need of an urgent response)

ADAPT

Keeping People Connected

Short-term support service for people who have learning disabilities and /or autism

adapt-ne.org.uk
Tel: 01434 600 599

Northumbria Healthcare NHS Foundation Trust

Children and young persons primary mental health

www.northumbria.nhs.uk/primary-mental-health
Tel: 01661 864 588

Talking Matters Northumberland

Psychological Therapies

www.tmnorthumbeland.org.uk
Tel: 0300 3030 700

Tyneside and Northumberland Mind

Counselling for those affected by suicide or a traumatic death.

www.tynesidemind.org.uk
Tel: 0191 477 4545

Grace Rape Crisis Service

Counselling service for victims of sexual abuse

gracenrc.org.uk
Tel: 0800 035 2794

Harbour

Domestic Violence advice, 24 hour, 7 days a week

www.myharbour.org.uk
Tel: 03000 202 525

If U Care Share

Support for those affected by suicide

www.ifucareshare.co.uk
Tel: 0191 387 5661

