






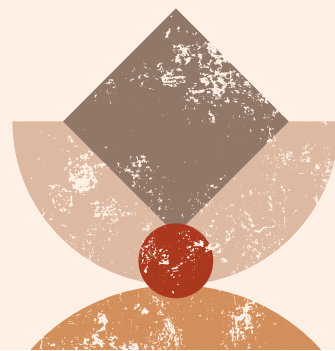
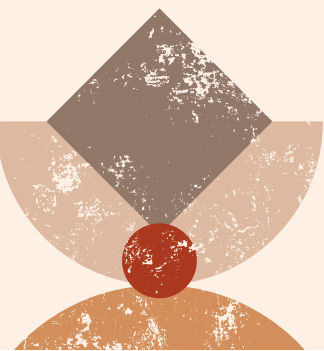
Wellbeing Websites





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General Websites



YOUNGMiNDS

<https://www.youngminds.org.uk/>

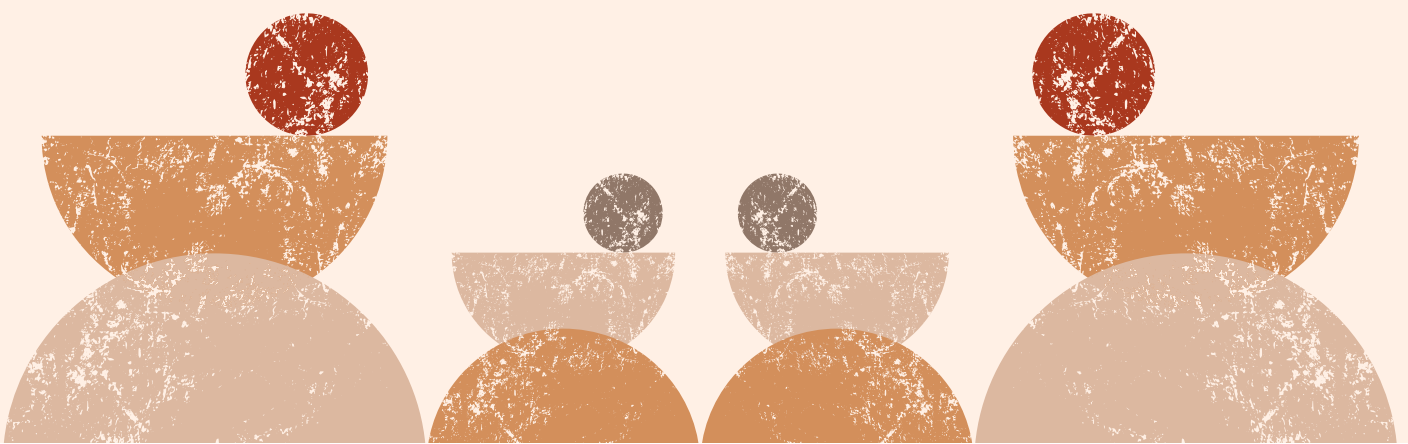
[Getselfhelp.co.uk](https://www.getselfhelp.co.uk/)

<https://www.getselfhelp.co.uk/>



PAPYRUS
PREVENTION OF YOUNG SUICIDE

<https://www.papyrus-uk.org/>





<https://www.annafreud.org>



<https://weheartcbt.com/>



<https://www.nhs.uk/every-mind-matters/>



<https://www.whitleybayhighschool.org/wellbeing>

Important Numbers



**Text YM to
85258**

whenever you need support
with your mental health.

Powered by
shout
85258

**If you need urgent help
with your mental health
or learning disability
contact 24/7**

North Tyneside and Northumberland

Adults - 0800 652 2861

Children and young people - 0800 652 2861

**Text number for people who are Deaf and/or
have communication difficulties - 07887 625 277**

N

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H



"It's alright to
ask for help"

SAMARITANS

116 123

#WSPD22

HOPELINEUK

HOPELINEUK is here to support anybody aged 35 and under, who is experiencing thoughts of suicide, or anybody concerned for a young person.

Call: 0800 068 4141

Text: 07860 039967

Email: pat@papyrus-uk.org

9am to midnight, every day of the year



#WeArePAPYRUS

Local Agencies



Kooth

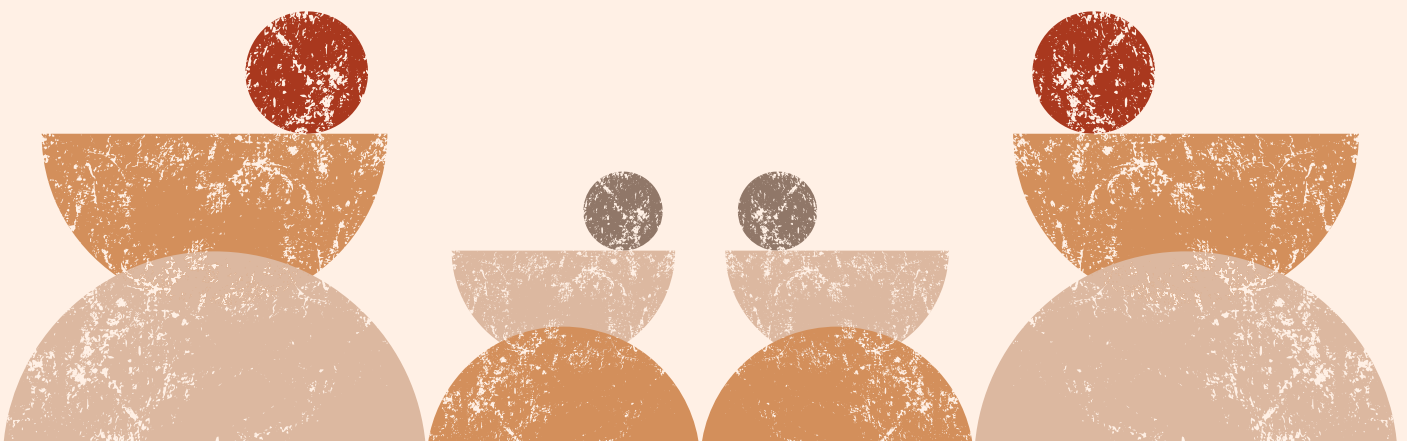
Kooth is an anonymous site which helps children and young people to feel safe and confident in exploring their concerns and seeking professional support.



Acorns

<https://www.acornsproject.org.uk/>

Acorns is a free and confidential service for families that have been impacted by domestic abuse. They provide a range of therapeutic and support services to meet the needs of children, young people and their parents and carers. They currently work across North Tyneside and Northumberland.





Anxious Minds

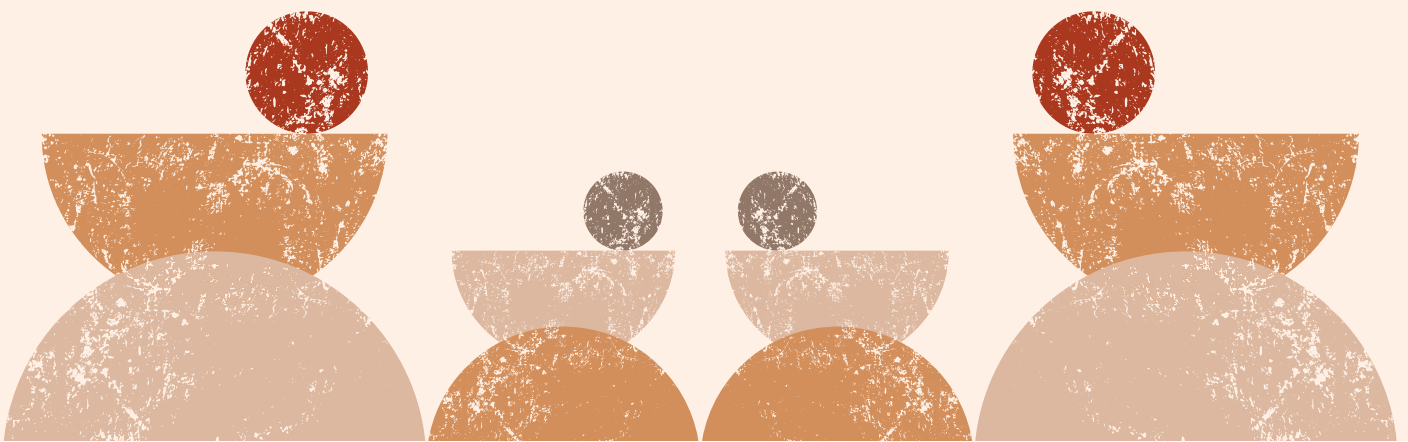
<https://www.anxiousminds.co.uk/>

Anxious minds provides support for those struggling with mental health. They offer talking therapies.



Streetwise

<https://www.streetwisenorth.org.uk/>
Streetwise offers a range of therapeutic interventions including a drop in service.





<https://someonecares.org.uk/>

SomeOne Cares offers a free counselling service for survivors and supporters of abuse, specialising in childhood sexual abuse, rape and sexual assault.

CAMHS
Child and Adolescent
Mental Health Services

CAMHS

<https://www.northumbria.nhs.uk/our-services/childrens-services/childrens-mental-health-services/camhs>



**Connect Mental Health Support
Team**

**Scan QR Code for more
resources**

