

MENTAL HEALTH HELPLINE

Free phone Helpline Number: **0800 915 4640**

(Open Monday – Friday 7pm – 11pm, Saturday & Sunday 12 midday to 12 midnight).

Website: www.lancs-mentalhealthhelpline.nhs.uk/

SAMARITANS

Confidential support for people experiencing feelings of distress or despair.

Phone: **116 123** (24 hour helpline 365 days a year).

Website: www.samaritans.org.uk

RETHINK MENTAL ILLNESS

Support and advice for people living with mental illness

Phone: **0300 5000 927** (Mon – Fri, 10am – 2pm)

Website: www.rethink.org

USEFUL SELF-HELP WEBSITE

Northumberland Tyne and Wear Self-Help

Website: www.ntw.nhs.uk/pic/selfhelp/ - This is also available as an app

HELP TO QUIT SMOKING

Quit squad **01772 644 747 / 0800 328 6297**

Website: www.quitsquad.nhs.net

