

Counselling Support Numbers

General Counselling Support:

1. Streetwise – Young people counselling service

Tel: 0191 230 5400/0303 123 1147

Also provide online therapy

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

2. Mind – Young People mental health services

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

Tel: 0300 123 3393

Email: info@mind.org.uk

Online support – www.elefriends.org.uk

3. Samaritans – Support all ages on all issues

Tel: 116 123 (24 hours) / 08457 90 90 90

Email: jo@samaritans.org

<http://www.samaritans.org>

4. Relate – relationship counselling

Tel: 0300 100 1234 / 0191 232 9109

Text: 07860 033 132

Email: enquiries@relate-nt.org.uk / info@relatenortheast.org.uk

<https://www.relate.org.uk/relationship-help/help-children-and-young-people/children-and-young-peoples-counselling>

5. WEYES (West End Youth Inquiry Service) -

enquiries@children-ne.org.uk

Tel: 0303 123 1147 (single point of access)

<https://www.children-ne.org.uk/>

6. Barnardo's - Just Ask Me Newcastle

Tel: 0191 284 1905

Text: 07971 239 143

<https://www.facebook.com/barnardos>

The Base

Drop-In service Monday-Friday 1.00-5.00pm

Tel: 0191 253 2127

<http://www.barnardos.org.uk/thebase.htm>

7. Childline

Tel: 0800 1111 (24 hours) / 0808 800 5000

www.childline.org.uk

Email: <http://www.childline.org.uk/Talk/Pages/Email.aspx>

Online counselling support: <https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>

8. Saneline – national mental health helpline -

Tel: 0300 304 7000 (6pm-11pm)

[www.sane.org.uk/what we do/support/helpline](http://www.sane.org.uk/what_we_do/support/helpline)

9. Sunderland Counselling Service

Tel: 0191 5147007

Email: office@sunderlandcounselling.org.uk

<http://www.sunderlandcounselling.org.uk/for-children-young-people/>

10. Youth Access

Tel: 020 8772 9900

Email: admin@youthaccess.org.uk

<http://www.youthaccess.org.uk/find-your-local-service/>

11. Talking Helps Newcastle

Tel: 0300 555 1115

Email: refer@talkinghelpsnewcastle.org

Can also be referred through your GP

<http://talkinghelpsnewcastle.org/>

12. The Mix

Tel: 0808 808 4994

Also provide online counselling:

<http://www.themix.org.uk/>

13. Kooth.com

Online counselling service through NHS

Counsellors available noon to 10pm on weekdays and 6 – 10pm at weekends.

14. Escape

South Tyneside based counselling aimed at young people

Text: 07599307481

Tel: 01914276353 or 07599307481

Email: info@escapeintervention.org.uk

15. Cygnus Support

Northumberland based counselling service

Tel: 01670 853977

Email: admin@cygnussupport.com

Anxiety:

1. Anxiety Alliance

<http://www.anxietyalliance.org.uk/>

2. Anxiety UK

<http://www.anxietyuk.org.uk/>

08444 775 774

3. No Panic

<http://www.nopanic.org.uk/>

4. Social Anxiety UK

<http://social-anxiety.org.uk/>

5. Anxious Minds

<https://www.anxiousminds.co.uk/young-peoples-services/>

0191 262 0305

6. OCD Action

ocdaction.org.uk

Tel: 0843 28 98 401

Suicide Prevention Advice:

1. HOPELineUK – National Confidential Helpline

Tel: 0800 068 41 41

Text: 07786 209 697

pat@papyrus-uk.org

https://twitter.com/PAPYRUS_tweets

https://www.facebook.com/PAPYRUSUK?ref=tn_tnmn

2. Grassroots Suicide Prevention - Stay Alive App

http://prevent-suicide.org.uk/stay_alive_suicide_prevention_mobile_phone_application.html

3. Survivors Of Bereavement by Suicide (SOBS)

Tel: 0844 561 6855 / 0300 111 5065

Email: sobs.support@hotmail.com

<https://uksobs.org/>

Support for people affected by parent's drinking:

1. Nacoa

helpline@nacoa.org.uk

Have online message boards

Tel: 0800 358 3456

2. Young People's Project – PROPS (Positive Response to Overcoming Problems of Substance misuse)

Tel: 0191 226 3440 / 0191 270 4248

Email: office@propsnortheast.org.uk

<http://www.newcastleprops.org.uk/young-peoples-project/>

Help with Eating Disorders/Distress:

1. BEAT (Beating Eating Disorders)

Tel: 0808 801 0677

Email: fyp@b-eat.co.uk

beateatingdisorders.org.uk

2. NIWE – Eating Distress Disorder

Tel: 0191 221 0233

Email: enquiries@niwe.org.uk

<http://www.niwe.org.uk/>

Support with Child Abuse (physical/sexual/emotional&psychological/neglect)

(Bullying, cyberbullying, domestic, sexual, financial, coercive control, digital/online, honour-based, forced marriage, female genital mutilation):

1. Victim Support: Independent Sexual Violence Advisor (ISVA) Service –

<https://www.victimsupport.org.uk/help-and-support/get-help/supportline/email-supportline>

2. Safe Project – Westend Women and Girls Centre -

Tel: 0191 273 4942

Email: info@westendwomenandgirls.co.uk

3. Rape Crisis Tyneside and Northumberland -

Tel: 0191 222 0272 / 0800 035 2794

Email: emailsupport@rctn.org.uk (Tuesday, Wednesday, Thursday between 6pm and 8.30pm and Friday between 11am and 2pm)

4. Someone Cares

Tel: 0191 257 8094

<http://www.someonecares.org.uk/contact/referral/>

5. Newcastle Integrated Domestic Violence Abuse Service (NIDAS)

Tel: 0191 214 6501

www.newcastleidas.co.uk

6. The Angelou Centre (for females and Black, Minority, Ethnic Groups only)

Tel:0191 226 0394

Email: admin@angelou-centre.org.uk

<http://angelou-centre.org.uk/>

7. Newcastle Women's Aid (The Hideout)

Tel: 0191 261 0504/0800 923 2622

<http://www.newcastlewomensaid.org.uk/>

8. Men's Advice Line

Tel: 0808 801 0327

Email: info@mensadviceline.org.uk

http://www.mensadviceline.org.uk/mens_advice.php.html

9. National LGBT Domestic Abuse Helpline

Tel: 0300 999 5428 / 0800 999 5428

Email: help@galop.org.uk

<http://www.galop.org.uk/>

10. ARCH North East

Tel: 01642 822331

Email: admin@archnortheast.org

Web: <http://www.archnortheast.org>

11. 24 Hour National Domestic Violence Helpline

Tel: 0808 2000 247

12. Muslim Women's Helpline

Tel: 020 8904 8193 or 020 8908 6715

Housing Support and Advice:

1. Housing Advice Centre

Tel: 0191 277 1711 / 0191 278 7878

Email: housingadvicecentre@newcastle.gov.uk

2. Outpost Housing Project (LGBT)

Tel: 0191 281 0099

www.outpostproject.org

3. Streetwise

Tel: 0191 230 5400

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

4. The Cyrenians

Tel: 0191 273 8891

Email: central.office@tcuk.org

www.thecyrenians.org

5. Shelter

Tel: 0808 800 4444

Shelter.org.uk/advice

Support for people with cancer and for those who know someone with cancer:

1. Maggie's (Freeman Hospital)

Tel: 0191 233 6600

Email: newcastle@maggiescentres.org

<https://www.maggiescentres.org/our-centres/maggies-newcastle/>

2. Riprap

<http://www.riprap.org.uk/>

3. Macmillan

Tel: 0808 808 0000

<http://www.macmillan.org.uk/in-your-area/choose-location.html>

Bereavement Support:

1. Forget-Me-Not Children´s & Young People´s Bereavement Service

Tel: 01642 811063

<http://teessidehospice.org/what-we-do/bereavement-counselling/forget-me-not>

2. Cruse Bereavement Care

Tel: 0808 808 1677 / 0191276 5533

Email: hopeagain@cruse.org.uk/tyneside@cruse.org.uk
cruse.org.uk

<http://hopeagain.org.uk/hope-again-about-us/>

3. St Clare´s Hospice, Hebburn (18 yrs +) – Bereavement Counselling

Tel: 0191 529 7100

Email: info@stclareshospice.co.uk

<https://www.stclareshospice.co.uk/services/bereavement-counselling>

4. Bereavement Advice Centre

Tel: 0800 634 9494

bereavementadvice.org

5. Child Bereavement Network

Tel: 0207 843 6309

<http://www.childhoodbereavementnetwork.org.uk>

6. Child Bereavement UK

<http://www.childbereavementuk.org/>

7. Compassionate Friends

<http://www.tcf.org.uk/>

8. Grief Encounter

Tel: 020 8446 7452

<http://www.griefencounter.org.uk/young-people/>

9. Hope Again - Cruse Bereavement for Children

<http://hopeagain.org.uk/hope-again-about-us/>

10. Winston's Wish

Tel:0845 203 0405

<http://www.winstonswish.org.uk/>

11. Sue Ryder (Online community and support)

0808 164 4572

www.sueryder.org/notalone

Borderline Personality Disorder:

1. Boderline Personality Disorder

<http://bpdfamily.com/>

2. BPD World

<http://www.bpdworld.org/>

3. Rethink

<https://www.rethink.org/>

Support for Young Carers:

1. Include Programme - Young carers services

Tel: 01962 711511

<http://www.youngcarer.com/young-carers-services>

2. Young Carers – Newcastle City Council

Tel: 0191 284 1905 / 0191 275 5060

Text: 07874 100 043

Email: NYC@barnardos.org.uk

3. Newcastle Young Carers

Tel: 0191 284 1905

<http://www.barnardos.org.uk/barnardos-young-carers-newcastle/service-view.htm?id=175874780>

Drug and Alcohol Support:

1. D'n'A – Drug and alcohol support (under 18yrs)

Tel: 0191 2777377

Email: College Street Centre, College Lane, Newcastle Upon Tyne, NE1 8DX

2. Change, Grow, Live (CGL) – Misuse Treatment (over 18yrs)

Tel: 0191 261 4719 (needle exchange)/ 0191 261 5610

Email: referral.newcastle@cgl.cjsm.net

3. Northern Drug and Alcohol Service(over 18 years)

Tel: 0191 2061100

Plummer Court, Carloli Place, Newcastle
Mon/Thu 8am-8pm, Fri 9-4.30pm

4. Ad Fam

<http://www.adfam.org.uk/>

5. Addiction Helper

<http://www.addictionhelper.com/>

6. Frank

<http://www.talktofrank.com/>

7. Gam Care

<http://www.gamcare.org.uk/>

8. National Drugs Helpline

<http://www.urban75.com/Drugs/helpline.html>

9. Balance

Information for young people:

www.riseabove.org.uk

10. Drinkline

Call free: 0300 123 1110
(weekdays 9am-8pm/weekends 11am-4pm)

11. Alcoholics Anonymous

Tel: 0800 9177 650
(24hour, 7 days a week)

12. Platform Gateshead (help to reduce substance misuse)

Tel: 0191 460 1354
Address: Unit 3, Renwick Court,, Victoria Rd, Gateshead NE8
2SY, UK

Support for those who are pregnant or think they might be pregnant and for general sexual health advice and support:

1. Crossway Pregnancy Crisis Centre

Tel: 020 8892 8483 / 07776 482350

Email: lesley.benge@crosswaypregnancy.org.uk

<http://www.crosswaypregnancy.org.uk/post-abortion-support>

2. Worth Talking About

Tel: 0300 123 2930

<http://www.nhs.uk/worhtalkingabout/Pages/sex-worth-talking-about.aspx>

3. National Sexual Health Line

Tel: 0300 123 7123

<http://www.nhs.uk/Livewell/Talkingaboutsex/Pages/Ineedhelpnow.aspx>

4. New Croft Centre

Tel: 0191 229 2999

New Croft House, Market Street East, Newcastle. NE1 6ND

<http://www.newcastle-hospitals.org.uk/services/sexual-health-clinics-and-walkin-centres-new-croft-centre.aspx>

Support with Bullying:

1. Bullying UK

Tel: 0808 800 2222

Fb: <https://www.facebook.com/BullyingUK>

Twitter: @bullyingUK

<http://www.bullying.co.uk/advice-for-young-people/where-do-you-go-for-support-with-bullying/>

2. NSPCC Childline

Tel: 0800 11 11

1-2-1 counsellor chats online - <https://www.childline.org.uk/>

Support for LGBTQ:

1. Mesmac Northeast – www.mesmacnortheast.com

Offering free confidential advice and support for men, 1 hour HIV testing, groups, telephone line and drop in service.

3rd Floor
11 Nelson Street
Newcastle
NE1 5AN

0191 233 1333

all@mesmacnortheast.com

2. The Albert Kenedy Trust - <http://www.akt.org.uk/>

Support LGBT+ 16-25 year olds made homeless or living in a hostile environment

1 Osborne Road, Jesmond
NEWCASTLE UPON TYNE
NE2 2AA
United Kingdom

0191 281 0099

3. Switchboard - <http://switchboard.lgbt/>

LGBT+ helpline

Instant messaging through the website

[0300 330 0630](tel:03003300630)

chris@switchboard.lgbt

4. Plus Group, Gateshead

A mixed social group for anyone under 25 who is lesbian, gay, bisexual, or questioning their sexual orientation.

Meets every Tuesday in central Gateshead from 6-8pm.

12 Gladstone Terrace, Gateshead. NE8 4DY

Facebook: www.facebook.com/plusgroup

Email: LouiseJobling@Gateshead.Gov.UK

Tel: 0191 4777759

Be North - <http://be-north.org.uk/>

Trans support and Development north east

11 Nelson Street

Newcastle

NE1 5AN

hello@be-north.org.uk

5. SHINE

Service providing free, confidential, sexual health advice, HIV prevention tests and support to women aged 16 and over.

Tel: 0191 277 2050

Email: shine@newcastle.gov.uk

Shinewomen.co.uk

@shinenewcastle

You can refer yourself to NHS service via your GP, or use the following contact information:

Sunderland Psychological and Wellbeing Service (SPWS)

Tel - 0191 566 5454

Web address: sunderlandiapt.co.uk

Talking Helps Newcastle

Tel – 0191 282 6600

Email – tnu-tr.PCMH@nhs.net

Web address: <http://talkinghelpsnewcastle.org>

Talking Changes (Darlington and Durham)

Tel – 0191 333 3300

We address: www.talkingchanges.org.uk

Talking Matters Northumberland

Tel – 0300 30 30 700

Email – info@tmnorthumberland.org.uk

Web address: www.tmnorthumberland.org.uk

South Tyneside Lifecycle Primary Care Mental Health Service

Tel – 0191 404 1322

Email – stpcmhs@stft.nhs.uk

Wed address: <https://www.stft.nhs.uk>

North Tyneside Talking Therapies

Tel – 0191 295 2775

Web address: <https://www.northumbria.nhs.uk/our-services/mental-health-services/north-tyneside-talking-therapies>