

Mental Health Crisis Resource Sheet

Where to find help for thoughts about self harm, or feeling suicidal.

Monkseaton Medical Centre & Bridge Medical

In a crisis

Accident and Emergency

If you need immediate medical help, or if you've hurt yourself and need medical attention.

Listening Services

When you need to talk to someone urgently about how you're feeling.

Samaritans – telephone 116 123 (anytime), e-mail jo@samaritans.org

SANE Charity – telephone 0300 304 7000 (4:30 pm to 10:30 pm daily)

Papyrus – for people under the age of 35. Telephone 0800 068 4141

The Silver Line – for older people
Telephone 0800 4 70 80 90

Crisis Team

When you need urgent support for your mental health – telephone 0303 123 1146

Emergency GP appointment

Bridge medical 0191 253 25 78

Monkseaton medical centre
0191 252 1616

Websites

How to Cope with Suicidal Feelings
And **Self Harm** leaflets on the **Mind**

Website

www.mind.org.uk/information-support/

NTW Self Help Leaflets

web.ntw.nhs.uk/selfhelp/

The **Mood Juice and Mood Gym**

websites are designed to help you think about emotional problems and work towards solving them in a structured way using CBT

www.moodjuice.scot.nhs.uk/

moodgym.com.au

Apps for phones

We can't officially endorse these, but they may be worth looking at:

Stay Alive

Calm Harm

distrACT

Suicide Safety Plan

STOPP

Headspace

Support plans

Writing down how someone likes to be supported, and what they can do to help themselves in a crisis can be helpful. For example:

-What can I do to help myself?

-How would I like to be supported?

-Who can be contacted in an emergency?

www.mind.org.uk/media/5452271/how-to-support-someone-who-feels-suicidal-2017.pdf

Mental health self-help guides

Available from the reception area, these self help guides have been written by consultant clinical psychologists and cover the following areas such as Bereavement , Post Traumatic Stress Disorder, Self harm, Stress, Abuse and Eating Disorder.

The Northumberland, Tyne and Wear (NTW) NHS Trust has produced an app called **Self Help**

Search for "self help Northumberland" on the iTunes or Google Play app store. Or www.ntw.nhs.uk/resource-library/