

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

North Tyneside and Northumberland

Adults - 0800 652 2861

Children and young people - 0800 652 2862

North Cumbria

Adults - 0800 652 2865

Children and young people - 0800 652 2865

Newcastle and Gateshead

Adults - 0800 652 2863

Children and young people - 0800 652 2864

Sunderland and South Tyneside

Adults - 0800 652 2867

Children and young people - 0800 652 2868

