



Getting Help (December 2020 edition)

Helplines and support groups

Samaritans (116 123) operates a 24-hour service available every day of the year. If you prefer to write down how you are feeling, or if you are worried about being overheard on the phone, you can email Samaritans at jo@samaritans.org.

Childline (0800 1111) runs a helpline for children and young people in the UK. Calls are free and the number will not show up on your phone bill.

PAPYRUS (0800 068 41 41) is a voluntary organisation supporting teenagers and young adults who are feeling suicidal.

Beat eating disorders: www.beateatingdisorders.org.uk – (0808 8010677)

Depression Alliance is a charity for people with depression. It does not have a helpline but offers a wide range of resources and links to other relevant information. www.depressionalliance.org

Students Against Depression is a website for students who are depressed, have a low mood or are having suicidal thoughts. www.studentsagainstdepression.org – 01635869754

Family Lives Tyne and Wear – (0191 2844060)

Student youth line (08088010711)

Bullying UK is a website for both children and adults affected by bullying. www.bullying.co.uk

Victim Support – (0808 1689111) – Open 24 Hours a day

Silverline – (0800 4708090) Service for older people – thesilverline.org.uk

Care Share Textphone Help line open 24 hours a day (Text – ICU5 to 85258)

OCD UK Advice Line – 03332127890

Domestic violence helpline (0808 2000 247) 24 hours a day

Mood swings - 0161 8323736 10am – 4pm Mon- Friday

Useful Websites:

Campaign Against Living Miserably (CALM) : a service for young men CALM, the campaign against living miserably, exists to prevent male suicide in the UK. www.thecalmzone.net

Changing Lives: National charity who are dedicated to supporting people with complex needs. Email. central.office@changing-lives.org.uk Telephone: 01912738891

Childline: is a private and confidential service for children and young people up to the age of nineteen. www.childline.org.uk

If U Care Share: North East based organisation which promotes emotional wellbeing in young people and supports families affected by suicide. www.ifucareshare.co.uk (0191 3875661)

Mental Health Forum: committed to reducing the suffering caused by mental ill health and to help everyone lead mentally healthier lives. www.mentalhealth.org.uk

Shout 24/7 crisis text support service. Text 85258

Mental Health Matters: Mental Health Matters (MHM) was established 30 years ago by families and carers in the North East to provide support and care for people they loved with mental health problems. www.mhm.org.uk (0800 616171)

SCIE: The Social Care Institute for Excellence (SCIE) improves the lives of people who use care services by sharing knowledge about what works. www.scie.org.uk

SANE: is a leading UK mental health charity. We work to improve quality of life for anyone affected by mental illness. www.sane.org.uk

Time to Change: is England's biggest programme to challenge mental health stigma and discrimination. www.time-to-change.org.uk

Street link: www.streetlink.org.uk or Telephone:0300 500 0914

Up to Date Crisis Line Numbers - OPEN 24 Hours a day

Northumberland and Tyne and Wear Trust Tel 03031231146

Gateshead and Sunderland Tel. 03031231145

Hartlepool - Tel. 01429 285858

North Durham - Tel. 0191 4415738

Tees Esk and Wear Valley - Tel. 0800 0516171

South Durham & Darlington - Tel. 01325 552230

South Tyneside - Tel. 03031231145

Stockton - Tel. 01642 524714 - 10 – 4pm (Mon- Fri)

Additional Information

Crisis skylight Newcastle Upon Tyne

Christmas timetable to go alongside their 12 Days of Christmas magazine is available here: <https://www.crisis.org.uk/joinnewcastle>. They have suspended all in house sessions on their activity programme until further notice. The activity programme is available online through videos, podcast, resources.

Festive Services

Organization/ Service:-	Contact:-	Open:-	Closed:-
Building Futures East Supply Food parcels	Susan 0191 2632752 admin@building.futures.org.uk	Wed, Thru 23.12.20 24.12.20	Monday before New Year
Christian against Poverty Debt management	Josh 0800 328 0006 131 Benton Road Newcastle Upon Tyne NE7 7NB	Until 21 st December up to lunch time	Until 27 th December 2020
Age UK	Call to book: 0191 4773559	9 am – 3 pm Monday – Friday Sat & Sun 10 am – 3pm	

<p>Throckley Community Hall They Deliver food parcels</p>	<p>Call to book: 0191 2644075 07886327369 Michelle</p>	<p>9am -4pm</p>	<p>21st December 2020 – Re-Open January 2021</p>
<p>Changing Lives - National charity who are dedicated to supporting people with complex needs. Email. central.office@changing-lives.org.uk</p>	<p>Call 0191 2738891</p>	<p>Mon – Fri 8 am -4pm Christmas Eve 8.30am – 3 pm</p>	<p>Until 4th Jan 2021</p>
<p>Salvation Army:- North Shields Durham Millfield Chester le street Consett Stanley Food Halls are closed but they take names in advance and they deliver food in a five mile radius</p>	<p>National Number:- 02073674800 Ask for which area you live in.</p>		

PACT House, Stanley – Free Xmas day lunch – All orders must be in by 17th December - Telephone: 07720 650533

DWP Christmas Opening – Mon-Fri 8am – 6pm 08003285644 (Ask for your relevant Branch)