

## Free Online Resources

	<p><b>Five steps to mental wellbeing</b> Evidence suggests there are five steps we can all take to improve our mental wellbeing. If you give them a try, you may feel happier, more positive and able to get the most from life.</p>	<p><a href="http://www.nhs.uk/Conditions/stress-anxietydepression/Pages/improve-mental-wellbeing.aspx">http://www.nhs.uk/Conditions/stress-anxietydepression/Pages/improve-mental-wellbeing.aspx</a></p>
<p>Northumberland, Tyne and Wear  <small>NHS Foundation Trust</small></p>	<p>A range of self-guides produced in Northumberland. Also have an app via I-Tunes and Play Store</p>	<p><a href="https://www.ntw.nhs.uk/pic/selfhelp/">https://www.ntw.nhs.uk/pic/selfhelp/</a></p>
	<p>Offer a range of information, useful tools and local services.</p>	<p><a href="http://www.wellbeinginfo.org">www.wellbeinginfo.org</a></p>
	<p>Women's Health In South Tyneside offer a range of service to women in South Tyneside.</p>	<p><a href="http://www.whist.org.uk">www.whist.org.uk</a></p>
	<p>We provide advice and support to empower anyone experiencing a mental health problem.</p>	<p><a href="http://www.mind.org.uk">www.mind.org.uk</a></p>
<p>choose South Tyneside  <small>NHS Foundation Trust</small></p>	<p>We offer a confidential service to individuals, families and groups depending on which method is most effective.</p> <p>We aim to help people through difficult times in their lives. We initially offer an assessment appointment to help you to decide, with the support of one of our experienced therapists, which therapy would be the most helpful to you.</p>	<p><a href="http://www.stft.nhs.uk/service/talking-therapies-south-tyneside-lifecycle-primary-care-mental-health-service">www.stft.nhs.uk/service/talking-therapies-south-tyneside-lifecycle-primary-care-mental-health-service</a></p>
	<p>A LIFE Worth Living... suicide prevention training was developed by Washington Mind.</p>	<p><a href="http://www.alifeworthliving.org.uk">www.alifeworthliving.org.uk</a></p>
	<p>North East Counselling Services (NECS) aims to improve the emotional wellbeing of people in the North East, by offering high quality, easy to access and affordable counselling services.</p>	<p><a href="http://www.necounselling.org.uk">www.necounselling.org.uk</a></p>
	<p>Your online mental wellbeing community for ages 10 – 25. Free, safe and anonymous support</p>	<p><a href="http://www.kooth.com">www.kooth.com</a></p>

	<p>Having good mental health helps us relax more, achieve more and enjoy our lives more. We have expert advice and practical tips to help you look after your mental health and wellbeing.</p>	<p><a href="https://www.nhs.uk/oneyou/every-mind-matters/">https://www.nhs.uk/oneyou/every-mind-matters/</a></p>
	<p>This is a confidential service for young people aged 4 – 25 years, their parents and/or carers and professionals working with families.</p>	<p><a href="http://www.escapeintervention.org.uk/">http://www.escapeintervention.org.uk/</a></p>

## Free on line CBT / life skills courses

	<p><b>Free online courses</b> covering low mood and stress and all of the common linked problems this causes. Work out why you feel as you do, how to tackle problems, build confidence, get going again, feel happier, stay calm, tackle upsetting thinking and more</p> <p><a href="http://www.llttf.com/">http://www.llttf.com/</a></p>
	<p>Free, fun, interactive program consisting of five modules, which help you to explore:</p> <ul style="list-style-type: none"> <li>• Why you feel the way you do</li> <li>• Changing the way, you think</li> <li>• Knowing what makes you upset</li> </ul> <p>Assertiveness and interpersonal skills training</p> <p><a href="https://moodgym.anu.edu.au/welcome">https://moodgym.anu.edu.au/welcome</a></p>
	<p>7 step self-help course</p> <p><a href="http://www.getselfhelp.co.uk/step1.htm">www.getselfhelp.co.uk/step1.htm</a></p>
<p>steps to deal with stress</p> 	<p>This website covers practical ways to start dealing with stress</p> <p><a href="http://www.stepsforstress.org/">http://www.stepsforstress.org/</a></p>

## Suicide Prevention Resources

	<p>Stay Alive is a suicide prevention app which offers help and support both to people with thoughts of suicide and to people concerned about someone else. The app can be personalised to tailor it to the user <a href="http://www.crisiscareconcordat.org.uk/inspiration/staying-alivegrassroots-suicidepreventionapp">www.crisiscareconcordat.org.uk/inspiration/staying-alivegrassroots-suicidepreventionapp</a></p>
	<p>Whatever you're going through, call us free any time, from any phone on 116 123. We're here round the clock, 24 hours a day, 365 days a year. This number is FREE to call. <a href="http://www.samaritans.org">www.samaritans.org</a></p>
	<p>If you're reading this because you're having suicidal thoughts, try to ask someone for help. It may be difficult at this time, but it's important to know you're not beyond help and you're not alone. <a href="http://www.nhs.uk/Conditions/Suicide/Pages/Getting-help.aspx">www.nhs.uk/Conditions/Suicide/Pages/Getting-help.aspx</a></p>
	<p>One port of call for webresources, self-help and helplines <a href="http://www.stockportsuicideprevention.org.uk">www.stockportsuicideprevention.org.uk</a></p>
	<p>Support after Suicide is a partnership of organisations that provide bereavement support in the UK. We're here to help you find information &amp; support. <a href="http://supportaftersuicide.org.uk">http://supportaftersuicide.org.uk</a></p>
	<p>The Virtual Hope Box (VHB) is a smartphone application designed for use by patients and their health providers as an accessory to treatment. The VHB contains simple tools to help patients with coping, relaxation, distraction, and positive thinking. <a href="http://t2health.dcoe.mil/apps/virtual-hope-box">http://t2health.dcoe.mil/apps/virtual-hope-box</a></p>
	<p>Research based ways for managing the most painful moments of life. Mindfulness, Mindfulness of Current Emotion, Opposite Action and Paced-breathing. These skills are part of Dialectical Behaviour Therapy or DBT, proven to be helpful for people considering suicide. <a href="http://www.nowmattersnow.org">www.nowmattersnow.org</a></p>

### Watch this free training resource from the zero suicide alliance

The alliance is ultimately concerned with improving support for people contemplating suicide by raising awareness of and promoting FREE suicide prevention training which is accessible to all. The aims of this training are to enable people to identify when someone is presenting with suicidal thoughts/ behaviour, to be able to speak out in a supportive manner, and to empower them to signpost the individual to the correct services or support.

[www.relias.co.uk/zero-suicide-alliance/form](http://www.relias.co.uk/zero-suicide-alliance/form)

## Quick Guide to Useful Contacts

- A. Safeguarding in South Tyneside [0191 424 6000](tel:01914246000) (Mon-Thurs - 8.30am to 5pm, Fri - 8.30am to 4.30pm). [0191 456 2093](tel:01914562093) (outside of the above office hours)
- B. Crimestoppers: [0800 555 111](tel:0800555111)
- C. NHS [111](tel:111) for any concerns about health or symptoms
- D. Local GP
- E. nhs.uk/coronavirus visit <https://www.nhs.uk/conditions/coronavirus-covid-19/>
- F. wellbeinginfo.org
- G. South Tyneside Adult Drug and Recovery Services: [0191 917 1160](tel:01919171160)
- H. Matrix Drug and alcohol service for young people up to 18: [0191 4875637](tel:01914875637)
- I. Domestic Abuse Helpline: [0808 2000 247](tel:08082000247)
- J. Impact Family Services- [www.impactfs.co.uk](http://www.impactfs.co.uk) [07375 788 835](tel:07375788835) (South Tyneside)
- K. Refuge (24 hours) - [www.refuge.org.uk](http://www.refuge.org.uk) [0808 200 0247](tel:08082000247)
- L. FLOWS (legal advice)- [0203 745 7707](tel:02037457707) Email: [flows@rcjadvice.org.uk](mailto:flows@rcjadvice.org.uk)
- M. Victims First Northumbria – [0800 011 3116](tel:08000113116)
- N. Free safe a Free, safe and anonymous online support for young people in South Tyneside <https://www.kooth.com/>

## NHS Self Help Resources

Low Mood & Depression

<https://web.nrw.nhs.uk/selfhelp/leaflets/Depression%20and%20Low%20Mood.pdf>

Bereavement

<https://web.nrw.nhs.uk/selfhelp/leaflets/Depression%20and%20Low%20Mood.pdf>

For more visit

<https://web.nrw.nhs.uk/selfhelp/>

## Suicide & Mental Health Resources

Training: Please note that you will need to check access to face to face training listed with providers during this time.

## **A Life Worth Living Suicide Prevention Training (Online)**

Mental Health First Aid Training (Online)

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

## **Also**

### **E-Learning: Zero Suicide Alliance's Suicide Let's Talk training**

[https://www.relias.co.uk/hubfs/ZSACourse3/story\\_html5.html?utm\\_source=Relias&utm\\_campaign=Training-Landing-Page](https://www.relias.co.uk/hubfs/ZSACourse3/story_html5.html?utm_source=Relias&utm_campaign=Training-Landing-Page)

## **Resources**

### **North East & North Cumbria Suicide Prevention Network website**

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

### **Campaign Against Living Miserably (CALM)**

Access their website for resources “ if you are worried about someone”

<https://www.thecalmzone.net/help/worried-about-someone/>

Worried about someone? If you're worried that someone you know may be feeling suicidal it can be really hard to know what to say to them.

Maybe you're worried about upsetting them by bringing it up. Below you'll find information on signs that someone could be feeling suicidal, what to say to them, how to say it and where to find help.

### **Use these confidential helplines and sources of support**

It can be difficult to hear the suicidal thoughts of a friend or loved one and they may be anxious not to frighten or upset you by telling you. Sometimes people find it easier to talk to a stranger, so encourage them to ring one of the helplines below. You can ring them yourself if you are worried about someone.

**CALM 0800 58 58 58** Provides listening services, information and support for men at risk of suicide.

Helpline & web chat available 5pm to midnight every day

[thecalmzone.net](http://thecalmzone.net)

### **Samaritans 2SA 24-hour emotional support for anyone struggling to cope.**

116 123 (24 hours freephone) email: [jo@samaritans.org](mailto:jo@samaritans.org) Freepost RSRB-KKBY-CYJK , Chris  
PO Box 90 90, Stirling FK8 [www.samaritans.org](http://www.samaritans.org)

### **Maytree**

A sanctuary for the suicidal

020 7263 7070

[www.maytree.org.uk/index.php](http://www.maytree.org.uk/index.php)

### **MIND**

0300 123 3393 (Mon – Fri 9am – 6pm) email: [info@mind.org.uk](mailto:info@mind.org.uk) text: 86463

[www.mind.org.uk](http://www.mind.org.uk)

### **Papyrus**

Prevention of Young Suicide

0800 068 41 41 (Mon – Fri 10am – 5pm / 7pm – 10pm. Weekends 2pm – 5pm)

[www.papyrus-uk.org](http://www.papyrus-uk.org)

### **MIND - Suicidal feelings**

Explains what suicidal feelings are, including possible causes and how you can learn to cope. You can download in a pdf booklet form.

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/suicidal-feelings/helping-yourself-now/?o=6813#collapse9829c>

Contents Include

What are suicidal feelings?

Why do I feel suicidal?

Where can I get support?

How can I help myself cope right now?

How can I help myself cope in the future?

Useful contacts

**Useful contacts are listed in the booklet as well as some which are already listed above on CALM website.**

### **Big White Wall**

[www.bigwhitewall.com](http://www.bigwhitewall.com)

Online community for adults experiencing emotional or psychological distress. It is free to use in many areas if you live in the UK.

### **Elefriends**

[www.elefriends.org.uk](http://www.elefriends.org.uk)

A safe, supportive online community where you can listen, be heard and share your experiences with others.

### **The Gender Trust**

[www.gendertrust.org.uk](http://www.gendertrust.org.uk)

Support for anyone affected by gender identity issues, with a list of local support groups and therapists who specialise in supporting people with gender identity issues.

### **Mood Panda**

[www.moodpanda.com](http://www.moodpanda.com)

A free online mood diary.

### **Mood Juice**

[www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk)

Online self-help guides on topics such as depression, anxiety and stress.

### **Royal College of Psychiatrists [rcpsych.ac.uk](http://rcpsych.ac.uk)**

Mental health information and resources.

### **Students Against Depression**

[www.studentsagainstdepression.org](http://www.studentsagainstdepression.org)

Information and support for students experiencing suicidal feelings. They also have a helpful safety plan template.

### **Switchboard**

[www.switchboard.lgbt](http://www.switchboard.lgbt)

Tel: 0300 330 0630

LGBTQ+ helpline providing listening services, information and support for lesbian, gay, bisexual and transgender communities.

## **Domestic Violence Support South Tyneside Council**

### **Coronavirus (COVID-19): Domestic abuse support**

Coronavirus (COVID-19) is impacting everyone's day to day life. But for a victim and their children experiencing or witnessing domestic abuse, the impact is significant and can put them in danger. Social distancing and isolation means that victims and their children are sometimes left with the prospect of being isolated in their house with the perpetrator.

We know that victims and their families are worried about accommodation, emotional wellbeing, negotiating child contact, accessing welfare benefits, as well as their safety and that of their children.

On this page we are sharing information, advice and resources to help support you through this time, as always, **if you or someone else is in immediate danger please call 999 and ask for the police.**

South Tyneside Council and partners want to reassure you and your family that we're still here and that services, although they might be delivered differently, are still available. You still have options and we will do everything to help you.

Always remember that the abuse you are experiencing is not your fault. If you're a neighbour, friend, or family member, and think someone might be at risk, please report your concerns or get advice from the services listed below.

For a directory of services, guidance and personal safety planning advice, please visit <https://www.southtyneside.gov.uk/article/35217/Domestic-violence-and-abuse-services->

### Telephone and email

If you, or someone you know is in immediate danger, call **999** and ask for the police. Silent calls to the police will work if you are not safe to speak - use the [Silent Solution](#) system and call **999** and then press 55.

[https://www.policeconduct.gov.uk/sites/default/files/Documents/research-learning/Silent\\_solution\\_guide.pdf](https://www.policeconduct.gov.uk/sites/default/files/Documents/research-learning/Silent_solution_guide.pdf)

South Tyneside domestic abuse specialist services and national helplines are also offering support remotely via phone or email. **If you are not in immediate danger, the following numbers might be helpful:**

- Impact Family Services (South Tyneside)
  - **Tel:** 07375788835
  - **Web:** <https://www.impactfs.co.uk/>
  
- Refuge (24 hours)
  - **Tel:** 0808 2000 247
  - **Web:** <https://www.refuge.org.uk/>
  
- England: Freephone 24h National Domestic Abuse Helpline: 0808 247 2000
  
- LGBT+ Domestic Abuse Helpline:
  - **Tel:** 0800 999 5428
  - **Email:** [help@galop.org.uk](mailto:help@galop.org.uk)
  
- Men's Advice Line:
  - **Tel:** 0808 801 0327
  - **Email:** [info@mensadviceline.org.uk](mailto:info@mensadviceline.org.uk)
  
- Karma Nirvana, UK Helpline for 'honour'-based abuse and forced marriage: 0800 5999 247
- Respect helpline (for anyone worried about their own behaviour): 0808 802 0321
- If you see or hear domestic abuse, speak up. **Web:** <https://crimestoppers-uk.org/>

### Homelessness advice and welfare assistance

If you're facing homelessness due to domestic abuse in South Tyneside you can contact our Housing Options Service on **0300 123 6633** or email [Housing.Options@southtynesidehomes.org.uk](mailto:Housing.Options@southtynesidehomes.org.uk)

We have established a new hardship fund to support residents in financial crisis due to the Covid-19 pandemic - the service can be reached on: **0191 424 7444**.

For those who do not have family or friends to support them, the Council's COVID-19 Support Hub is now fully operational out of Hebburn Central and can be contacted direct on **0191 424 7575**. The COVID-19 Support Hub will also provide support to other vulnerable residents, who may not have a 'critical' medical condition, but who are self-isolating at home due to being identified as 'vulnerable' or because they are displaying symptoms, and do not have their own support network to help them.

### **Adult safeguarding**

If you're worried about a vulnerable adult experiencing domestic abuse, speak to the Let's Talk Team.

**Tel:** 0191 4246000

**Email:** [LetsTalk@Southtyneside.gov.uk](mailto:LetsTalk@Southtyneside.gov.uk)

You can also contact <https://crimestoppers-uk.org/> They are an independent charity that gives you the power to speak up to stop crime, 100% anonymously.

### **Child safeguarding**

If you're worried about a child who might be witnessing or experiencing domestic abuse, speak to Children's Services (Integrated Safeguarding Intervention Team) on **0191 4245010**.

For the Out of Hours/Emergency Duty Team (Adults and Children) call **01914562093**.