**Other Help & Support**

We are here to help you, but there is also a wide range of other organisations that can help as well. These pages give information on some of the resources available.

**In crisis?**– please see our [Urgent Help](https://www.gatesheadtalkingtherapies.nhs.uk/need-urgent-help/) page.

**Useful Websites**

**Recovery Partnership –**Drug and alcohol issues, If you have significant difficulties with alcohol or recreational drugs please call Recovery Partnership on 0191 594 7821 or visit  [Recovery Partnership – Gateshead](https://www.changegrowlive.org/recovery-partnership-gateshead/info)– our psychological therapies are only recommended when these problems have been adequately addressed.

**Tyneside Mind** – [www.tynesidemind.org.uk](http://www.tynesidemind.org.uk/)

**Gateshead Carers** – [www.gatesheadcarers.com](http://www.gatesheadcarers.com/)

**Pathways Advocacy (Gateshead)** – [Pathways Advice and Information](https://www.mhm.org.uk/pathways-advice-information-gateshead)

**Meet Up** – [www.meetup.com](http://www.meetup.com/)

**Tyneside Women’s Health** – [www.tynesidewomenshealth.org.uk](http://www.tynesidewomenshealth.org.uk/)

**Fulfilling Lives** – [www.fulfillinglives-ng.org.uk](http://www.fulfillinglives-ng.org.uk/)

**Age UK –**[www.ageuk.org.uk](http://www.ageuk.org.uk/)

**Mental Health Foundation –**[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk/)

**Time to Change** – [www.time-to-change.org.uk](http://www.time-to-change.org.uk/)

**Rethink** – [www.rethink.org](http://www.rethink.org/)

**Mental Health Matters** – [www.mentalhealthmatters.com](http://www.mentalhealthmatters.com/)

**Saneline** – [www.sane.org.uk](http://www.sane.org.uk/)

**Citizens Advice Bureau** – [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk/)

**Creative Support** – [www.creativesupport.co.uk](http://www.creativesupport.co.uk/)

**National Debt Line** – [www.nationaldebtline.org](http://www.nationaldebtline.org/)

**National Careers Service** – [nationalcareers.service.gov.uk](https://nationalcareers.service.gov.uk/)

**Changing Lives** – [www.changing-lives.org.uk](http://www.changing-lives.org.uk/)

**Moving On Tyne & Wear** – [motw](https://www.motw.org.uk/" \t "_blank)

**Kooth – [kooth](https://newcastlegatesheadccg.nhs.uk/your-health/children-and-young-people/free-safe-confidential-support-for-young-people/" \t "_blank)**

**Qwell – [qwell](https://newcastlegatesheadccg.nhs.uk/qwell-mental-health-and-wellbeing-service-for-adults/" \t "_blank)**