Support for Adult Mental Health

Anxiety UK 03444775774 9.30-10pm Sat/Sun 10-8pm
www.anxietyuk.org.uk

Anxious Minds 0191 2620305 Available from March 30th
info@anxiousmind.co.uk

Every Mind Matters
www.nhs.uk/oneyou/every-mind-matters/
Tools and tips for stress and anxiety, low mood and sleep barriers
MIND Mental Health Difficulties
www.mind.org.uk

MOVING FORWARD self referrals email: mfn@mentalhealthconcern.org
0191 222 0324. or text 07593 784781

NO PANIC support for panic attacks, OCD and anxiety www.nopanic.org.uk.
0800 9674848

OCD Uk - support with obsessive compulsions www.ocduk.org. 03332127890. 9-5 daily