

## **An Easy Read Guide to Help for Your Mental Health**



## What this information is about



Everyone feels anxious or has low mood at some point in their life.

Lots of things like interviews or Doctors appointments can make us feel anxious.

It is normal to feel anxious about these things. Sometimes feeling a bit anxious can be a good thing.

However, if you feel anxious too much it can lead to more serious MENTAL HEALTH PROBLEMS.

## How to cope when we are feeling anxious or depressed



These are things you can do to help us feel better:

Talking it through

It can be hard to talk about our feelings. But it can be helpful to talk to friends, family or someone who has had the same feelings as us.

You can also talk to someone who has the skills to help you deal with your feelings – A Therapist or Counsellor.

## How to get help



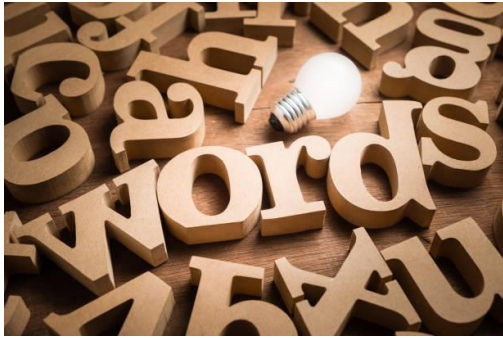
You can ask for help if we feel anxious all the time, or if it feels like our anxiety is taking over our life.

It may be hard to talk about our feelings but asking for help is a good thing. The first thing you can do is talk to your doctor. He or she will be able to tell you about the things that can help you.

Talking about how you feel to a counsellor Things like COUNSELLING are very good at helping people with anxiety and depression problems.

Don't forget you can talk to your support worker, carer or a family member or friend if you need further information about this.

## Words - What these words mean



**Counselling/ Counsellor/Therapist** - A counsellor or Therapist talks to you about how you feel and what is wrong and tries to help you think about what you can do to feel better.

**A Counsellor /Therapist** - is the person you talk to.

**Mental health or mental health issues** - are about how your mind is working.

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**Mentally healthy** - being mentally healthy is about thinking about how you are feeling and looking after our mental health.

**How to get help** – You can telephone South Tyneside Lifecycle Mental Health Service to talk to a Counsellor or Therapist by telephoning: **0191 283 2937**

You can also go to our web site at: [www.southtynesidelifecyclementalhealth.nhs.uk](http://www.southtynesidelifecyclementalhealth.nhs.uk)

## Where are we based?

We work from three main bases:

- Cleadon Park Primary Care Centre
- Flagg Court, South Shields
- Monkton Hall Hospital
- We also work out of various schools

We provide services 6 days per week (Monday – Saturday) and offer evening appointments.

## Opening hours

- Monday to Thursday: 9:00am – 8:30pm

Friday: 9:00am – 5:00pm (excludes bank holidays)

## Useful Emergency Contacts



### The Crisis Team

The Crisis Team operates 24 hours a day 7 days a week. The crisis team does not provide an 'emergency' service such as a 999 response. The Crisis Team – Call: 0303 123 1145 or 111 (free phone) or visit: [www.ntw.nhs.uk](http://www.ntw.nhs.uk)

### Samaritans

If you are experiencing feelings of distress or despair, including those which could lead to suicide, you can call the Samaritans – Call: 116 123 or visit: [www.samaritans.org](http://www.samaritans.org)

### How can you refer?

If you feel one of these therapies would be helpful for you, please contact us on the number below:

0191 2832937

Or go to our website: [www.southtynesidelifecyclementalhealth.nhs.uk](http://www.southtynesidelifecyclementalhealth.nhs.uk)

Email: [stsft.SouthTynesideMentalHealth@nhs.net](mailto:stsft.SouthTynesideMentalHealth@nhs.net)

For Trust information visit:

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This information was correct at the time of publication. While the Trust makes every reasonable effort to keep its information leaflets up to date, very recent changes may not yet be reflected in the information and you should discuss this with the clinical staff at the time of your appointment.

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