

To make it easier to access the relevant support, this document contains links.

Click the link for the support you need, and we will take you straight to it.

Mental Health: If you are in a mental health crisis, there are several national services you can contact:



For non – urgent support, advice or just someone to listen to you, you can visit any of the national carers forums.



Support in your area



North
Tyneside
Council

