

# SUPPORT LINE

**Call us When you Need us**

**7 days a week 8am - 10pm**

**0191 477 4545 or 0330 174 3174**

**(Calls are charged at local rate)**

**Tyneside and Northumberland Mind  
has recently launched ACT,  
a support line offering easy access  
to mental health and wellbeing  
information for anyone in need.**

**We are here to talk, to listen  
and to support you when  
you need it.**

**Available to anyone aged 16 and  
over living in Newcastle,  
Gateshead and Northumberland.**



# SUPPORT LINE ACT

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Tyneside and Northumberland Mind has recently launched ACT, a support line offering easy access to mental health and wellbeing information.

Available to anyone aged 16 and over living in Newcastle, Northumberland and Gateshead.



Are you worried about your mental health and want to talk to someone?  
Call us now.

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Call: 0330 174 3174 or 0191 4774545

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