Information NOW
Information for people in Newcastle upon Tyne

NHS Newcastle Talking Therapies

NHS Newcastle Talking Therapies is a free short term talking therapy service for people over the age of 16, living in Newcastle.

Are you feeling low? Worried? Overwhelmed by the pressures of everyday life? Struggling to cope the cost of living crisis?

Talking therapy can help you to improve your mental wellbeing. If you're facing depression, anxiety, excessive worry or low mood, you can get help quickly. Known as IAPT (Improving Access to Psychological Therapies), Newcastle Talking Therapies service can help you to get things back on track with your mental wellbeing.

You don't need to visit a GP to get help, just visit their website and choose a self referral method. You can choose to refer by a digital referral assistant, complete an online form or call them on **0330 0534 230.**

You can get support one to one with therapists and wellbeing practitioners alongside workshops and groups based on cognitive behavioural therapy. They also offer online treatment options, which are accessible from your smart phone, tablet or computer at home, any time of the day or night.

GP's and professionals can also make referrals online.

Last updated: March 27, 2024

Telephone: 0330 0534 230

Website: https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/newcastle/

Facebook: https://www.facebook.com/vitahealthgroup

Youtube: https://www.youtube.com/channel/UCxb7MdcL6XMKGDAxlo0BQjg

Opening Hours: 8am to 8pm Monday to Friday
9am to 12.30pm Saturday

Cost: Free

Address:
Rotterdam House
116 Quayside,
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