

North Tyneside Talking Therapies

Specialised Support Service Offered

1. Assessment of mental / emotional wellbeing
2. Provision of evidence based psychological therapies (CBT, EMDR, IPT, CfD etc.)

Additional Support Services Offered:

North Tyneside Talking Therapies (NTTT) is a friendly and approachable service that provides evidence based psychological therapies for people experiencing common mental health conditions such as anxiety, depression, bereavement and post-traumatic stress. These conditions are very common and can have a negative impact on wellbeing.

The Service is here to support people aged 16+ (including Military Veterans and their families) who live in North Tyneside and are registered with a North Tyneside GP.

How to Self-Refer:

Online self-referral form at: <https://www.northumbria.nhs.uk/our-services/mental-health-services/talkingtherapies/about-us/>

Self-referral via telephone: 0191 295 2775

Contact Details

Address:

North Tyneside Talking Therapies
Northumbria Healthcare NHS Foundation Trust
Wallsend Health Centre
The Green
Wallsend
NE28 7PD

Phone Number: 0191 295 2775

Email: nhc-tr.northtynesidetalkingtherapies@nhs.net

Website: <https://www.northumbria.nhs.uk/our-services/mental-health-services/talkingtherapies/>