



Need urgent help?

Mental health crisis support in
Northumberland



[everyturn.org](https://www.everyturn.org)

Safe Haven support at The Bothy

The Safe Haven is available between 2-10pm, every day. Support is available in person at The Bothy or by video call on the Everyturn website.

Find us:

14 Laburnum Terrace
Ashington
Northumberland
NE63 0XX

Visit us online:

[everyturn.org/
crisis-support/safe-havens](https://everyturn.org/crisis-support/safe-havens)



Call us:

01670 336139



Scan this QR code to visit our website and join the virtual waiting room

Additional support



**Northumberland
Crisis Team**

Dial 0800 652 2861
or NHS 111 for
mental health

shout
85258

here for you 24/7

24/7 text message
support in a crisis. Text
'EVERYTURN' to 85258

HOPELINE247

0800 068 41 41

**Papyrus
HOPELINE**

24/7 helpline for anyone
under 35 experiencing
mental health crisis



www.qwell.io

Free online wellbeing
support available to
Northumberland
residents



www.kooth.com

Free online wellbeing
support available to
people aged up to
25 years old



**If you have harmed
yourself and need
urgent medical
treatment, call 999
immediately**