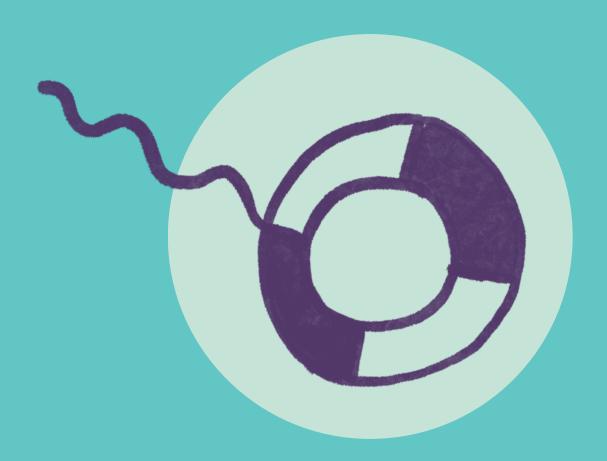


Need urgent help?

Mental health crisis support in Northumberland



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 OXX

Call us:

01670 336139

Visit us online:

everyturn.org/ crisis-support/safe-havens





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



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