



# Northumberland Safe Haven

at The Bothy

Free mental health crisis support for adults in  
Northumberland



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

## Who we support

We're here for you if you're aged 18+ and experiencing a mental health crisis or distress.

We're based in Northumberland, but you don't need to be a local to access support. You might be visiting the area and can still visit us for help.

## How we can help

Our team will work with you to manage your emotions and find support to tackle practical issues affecting your mental health. These issues might include:

- Financial issues or debt
- Unemployment or issues at work
- Housing issues
- Relationship difficulties
- Social isolation

Support might include a listening ear, emergency food or fuel vouchers, arranging appointments, creating a safety plan, or finding support from other organisations.

You can access support in-person, or virtually via phone or video call.

## Getting help

We're open 2.00pm-10.00pm, 365 days a year.

You can get support by coming to The Bothy in person, or by joining the virtual waiting room on our website. You don't need an appointment!

## Finding us

The Bothy is located at:

**14 Laburnum Terrace  
Ashington  
Northumberland  
NE63 0XX**



The Bothy is near Ashington High Street and the nearest bus stop is only a couple of minutes walk away, with routes to Northumberland, North Tyneside, and Newcastle.

## Contact us

For more information, please give us a call or visit our website.

Call us:

**01670 336139**

Our website:

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



Scan for more details on what to expect



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