Thrive after Tackling Trauma

Have you lost a loved one to suicide or traumatic death?

Across the North East and North Cumbria region, Thrive after Tackling Trauma will provide 6-8 sessions of trauma informed counselling for those aged 6 - 24 years (24 - 29 years for those leaving care.)

You're not alone. Tyneside and Northumberland Mind offers compassionate trauma support for children and young people affected by suicide and traumatic death. Specialist teams will provide a fast response to offer help.

How to access support:
Professional referral / Children's services / GP / School / Self referral.

Reach out today
We'll guide you every step of the way.
Email: trauma.support@tynesidemind.org.uk
Phone: 0330 174 3174

Need help? Just scan the QR code to ask for support.

Need us now? Call our Support Line!
We're here with mental health and wellbeing information. Available weekdays 2pm-10pm and weekends 12pm-8pm.
0330 174 3174 / 0191 477 4545
(Calls are charged at a local rate)

mind Tyneside and Northumberland

NHS North East and North Cumbria

3rd Floor Tru-Knit House | Carliol Square | Newcastle upon Tyne | NE1 6UF 0330 174 3174 / 0191 477 4545 Registered Charity No: 1140856