

At NHS Newcastle Talking Therapies, we provide a range of support to thousands of people to help them to improve their mood and find ways to manage.

If you are 16 years and older and live in Newcastle we can support you by providing the tools you need to get life back on track.

Contact us today - it is a FREE and confidential service.

- vitahealthgroup.co.uk
- 0333 200 1893
- Text 'YOU' to 88802

Scan to self refer



Services provided by



Are you experiencing:









Depression



Anxiety



Lack of motivation

We provide a range of evidence based talking therapies and new ways of coping to help you better manage your mood.

Our therapies are available via secure video, text-based therapy, webinar, phone or face to face (one to one or group).

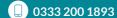
Our easy 3 step approach

- Self-refer using our website, or by 01 scanning the QR code on this leaflet or by giving us a call.
- of our team. Together, we will agree the best support for you.
- throughout your treatment.

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A fully qualified therapist will support you

Making People Better in Newcastle