

The Mental health drop-in is facilitated by mental health carers, Newcastle Locality of the 3N's Mental Health NHS Trust and 'Making Space'.

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Carers Centre Newcastle is supported by:



and is part of Newcastle Healthy City Project, Registered Charity No. 1060063.

Mental health drop-in for Carers

Are you supporting a relative, friend, partner or neighbour who is or has been experiencing mental health difficulties?

The Mental health drop-in
at Carers Centre Newcastle
6 Saville Place
Newcastle upon Tyne
NE1 8DQ

Telephone: 0191 260 3030
Fax: 0191 230 1500
Email: CarersCentreNewcastle
@btconnect.com



Time for you...

Would you like to meet other carers and have the opportunity to discuss things with people who understand?

We can provide a wide range of information on illnesses, for example:

- anxiety
- depression
- schizophrenia
- bipolar illness

as well as advice on topics such as:

- how to access services
- get involved
- make a complaint

If you feel you need any information or support, please call in and meet us at our regular Mental health drop-in at Carers Centre Newcastle.

The Mental health drop-in

The drop-in is available every Wednesday morning between 10 o'clock and 12 midday at Carers Centre Newcastle (you will find the Centre's contact details listed on the front page of this leaflet.).

It is open to any carer living in Newcastle or supporting someone who lives in Newcastle.

The drop-in is friendly and informal. No appointment is necessary and you are assured of a warm welcome, so please call in for a coffee.

We look forward to meeting seeing you soon!