

World Mental Health Day 2020

Useful links to local and national mental health services

[Kooth - Mental Health Support for Young People](#)

[Lifecycle Mental Health Service](#)

[Manhealth - Support for Men with their Mental Health](#)

[Mental Health Concern](#)

[Mental Health Foundation - World Mental Health Day](#)

[Mental Health Matters](#)

[NHS Every Mind Matters](#)

[NHS Mental Wellbeing Audio Guides](#)

[NHS Recommended Mental Health Apps](#)

[Samaritans](#)

[South Tyneside Adult Carers Service](#)

[South Tyneside Council - Mental Health and Wellbeing](#)

[South Tyneside Council - Mental Health Services](#)

[South Tyneside Young Carers Service](#)

[Time to Change - World Mental Health Day](#)

[Tyneside and Northumberland Mind](#)

[Wellbeing Directory for South Tyneside - wellbeinginfo.org](#)