



North Tyneside Talking Therapies

We are here to help people aged 16+ who live in North Tyneside and are registered with a North Tyneside GP.

We provide evidence based psychological treatment for anyone experiencing a common mental health condition that impacts on their daily life. These may include stress, depression, anxiety, panic, obsessive compulsive disorder (OCD) and post traumatic stress disorder (PTSD).

We can also provide specialist support for people with long term conditions such as COPD, heart disease and diabetes to help with anxiety and/or depression related to this.

The Talking Therapies service is available in the North Tyneside community at GP practices and health centres. We are part of the national government programme to Improve Access to Psychological Therapies (IAPT) delivered in partnership with Sunderland Counselling Service.

You can refer yourself to Talking Therapies (Referral Form), or ask your GP or healthcare provider to refer you. If you live outside of North Tyneside and would like to receive Talking Therapy support, please speak with your GP or you can find out more on the NHS Choices website [NHS website](#)

Please note that from Friday 3rd March 2023 our service will be moving to Hadrian Health Centre, Elton Street East, Wallsend, Tyne and Wear, NE29 8QU (same telephone number).



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North Tyneside Talking Therapies
Hadrian Health Centre
Elton Street East
Wallsend
NE28 8QU



www.northumbria.nhs.uk



@NorthumbriaNHS



Last Updated - 17th March 2023

Services

No Services

Events

No Events

Activities

No Activities
