

October 6th, 2014

## It helps to talk

With World Mental Health Day on Friday, October 10th, approaching, health staff who provide treatment for people in South Tyneside and Gateshead with common problems, such as anxiety and depression, are aiming to raise awareness of their service.

David Henderson, South Tyneside NHS Foundation Trust's head of talking therapies, said: "One in four of us will have problems with our mental health at some time in our lives but there is still a stigma around it so people sometimes struggle on alone without seeking help.

Talking therapies can help all sorts of people who, for whatever reason, are experiencing a bad time. During talking therapy, a trained therapist listens and helps you find your own answers to problems, without judging you. We offer a range of ways of doing this, from courses and group work to supported self-help and one-to-one sessions."

To find out more about South Tyneside NHS Foundation Trust's talking therapies service, for South Tyneside call (0191) 2832937 or email [stpcmhs@stft.nhs.uk](mailto:stpcmhs@stft.nhs.uk) and for Gateshead, call (0191) 2832541 or email [gatesheadtalkingtherapies@stft.nhs.uk](mailto:gatesheadtalkingtherapies@stft.nhs.uk)  
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