



January 5th, 2015

Help on hand to cope with post-Christmas blues

People experiencing mental health issues following the stresses of the festive season are being encouraged to take advantage of free, NHS help.

South Tyneside NHS Foundation Trust provides a talking therapies service in South Tyneside and Gateshead. Its highly trained therapists are available to listen and assist people to find their own answers to common problems, including anxiety and depression, all in a confidential, non-judgmental way.

David Henderson, head of the service, said: "Whilst one in four of us will have problems with our mental health at some time in our lives, these can be exacerbated during the festive season due to factors such as stress, family conflict, alcohol misuse, loneliness and isolation, and for people who have suffered bereavement it can be an especially poignant period.

"As a result, the beginning of a new year can be particularly challenging but the good news is that people do not have to struggle on alone. Talking therapies can make a genuine difference for many people who are experiencing a difficult time and they can refer themselves. The service offers courses and group work, 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 and for Gateshead, call (0191) 2832541 or email gatesheadtalkingtherapies@stft.nhs.uk

The Trust will be supporting Time to Talk Day on Thursday, February 5th – an anti-stigma campaign run by the mental health charities Mind and Rethink Mental Illness. This will encourage everyone to take five minutes to have a conversation about mental health in an effort to help ease the isolation and stigma which can make the problem even worse.
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Pictured above: David Henderson, head of talking therapies service

Issued on behalf of South Tyneside NHS Foundation Trust by Kay Jordan

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