



February 2nd, 2015

Talking Therapies service supports Time to Talk Day

Mental health workers with South Tyneside NHS Foundation Trust are supporting Time to Talk Day on Thursday, February 5th, with a series of events promoting the anti-stigma campaign. The events, organised by the Trust's talking therapies service, are as follows:

Tuesday, February 3rd

- Alexander's Restaurant at South Tyneside District Hospital, from 11.30am to 1.30pm

Wednesday, February 4th - Blue Mall at the Metro Centre, from 10am to 5pm

Thursday, February 5th - Asda in Boldon and South Shields, from 10am to 4pm; Quenellies Restaurant, Queen Elizabeth Hospital, Gateshead, from 10.45am to 1.30pm; open day at the talking therapies service base, The Croft, Wrekenton

One in four people will have mental health problems at some time in their lives. The aim of Time to Talk Day, run by the mental health charities Mind and Rethink Mental Illness, is to 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. 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: "Talking therapies can make a real difference for many people who are experiencing a difficult time and they can refer themselves. We offer 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
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Pictured above: David Henderson, head of the talking therapies service

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

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