



December 30th, 2015

Free NHS help to cope with winter blues

People experiencing common mental health issues in the aftermath of the Christmas and New Year festivities can take advantage of free, NHS help.

South Tyneside NHS Foundation Trust's therapists are trained to listen and assist people in South Tyneside and Gateshead to find their own answers to problems, including anxiety and depression.

David Henderson, head of the Trust's talking therapies services, said: "The festive season and winter in general can be a particularly difficult time for many people due to feelings of loneliness, isolation and stress but our message is that they are not alone.

"We would urge them to see their GP or, if they contact us direct, we will provide confidential, non-judgmental support and advice. Talking therapies include courses and group work, supported self-help and one-to-one sessions and they can make a genuine difference at difficult times in people's lives."

To find out more about talking therapies, 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 services

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

For press enquiries on this release, contact 0191 404 1128 or email kay.jordan@stft.nhs.uk