



Living Well North Tyneside

Supporting Health and Wellbeing



Time: 11:00am - 12:30pm



Cost: No Cost



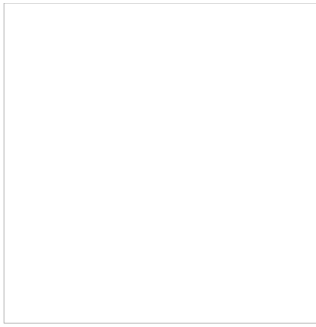
Type: Face to Face

A peer support group for anyone over 18 facing stressful times, depression, anxiety or other related distress. Facilitated by two trained volunteer facilitators, it's a safe non-clinical space where you can share, be supported and offer support to others. Free, friendly, confidential, and no waiting lists. No need to book or register - it's okay to simply come along.

Day & Time: Wednesday 11.00am - 12.30pm at Meadow Well Connected, Waterville Road, North Shields, NE29 6BA



[peer support](#)
[anxiety](#) | [groups](#) | [wellbeing](#) | [depression](#) | [mental health](#)



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PeerTalk North Shields
Meadow Well Connected
Waterville Road
North Shields
North Tyneside



<http://www.peertalk.org.uk/support-groups>



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