



# 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.

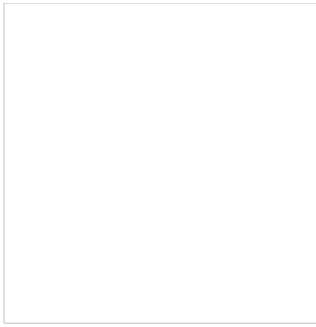
**Day & Time:** Wednesday 11.00am - 12.30pm at Meadow Well Connected, Waterville Road, North Shields, NE29 6BA



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



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



Last Updated - 13th May 2024

## Sign Up for Living Well North Tyneside

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