



# Living Well North Tyneside

Supporting Health and Wellbeing



**Time:** 7:00pm - 8:30pm



**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.

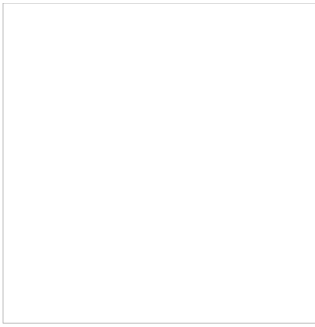
**Day & Time:** Wednesday 7.00 - 8.30pm at Whitley Bay Big Local, Whitley Road, Whitley Bay, NE26 2LY



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[mental health](#) | [support](#) | [depression](#) | [confidential](#) | [support group](#) | [anxiety](#)

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PeerTalk Whitley Bay @ The Big Local  
158 Whitley Road  
Whitley Bay  
North Tyneside



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



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# Sign Up for Living Well North Tyneside

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