



Living Well
North Tyneside
Supporting Health and Wellbeing

Higher Effect CIC

We are a social enterprise facilitating ripples of positive change and personal evolution, by sharing an alternative mental health provision, emotional change, and pain reduction service.

We connect with you via online/live, one to one sessions, group workshops or healing circles, to guide you, and your mind, towards, innovative, alternative and more effective solutions. Our mission is to help you suffer less and create sustainable wellbeing strategies.

Our services help you move closer towards your goals, dreams, desires or wishes, and we facilitate you to solve some problems along the way. The services are not therapy, medical or coaching, they are simpler and more realistic for today's issues and challenges, and more importantly, they are highly effective.

All we do is chat, explore new ideas and concepts, practice some techniques, and the best part is, you do not have to share your story. You do not have to disclose anything personal, or talk about your suffering in any detail. Unless you want to. The change and intervention services are content free, super safe and interesting.

A full list of our services are available on our website.

We are open Monday to Friday, 10.00 until 16.00. Closed for Lunch 12.00 - 13.00. All services are by appointment only, please contact us anyway you choose. We also have weekend appointments available on request.

Thank you for reading, please explore our website and get in touch to ask anything at all.



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Services

Cultivating Wellbeing with emotional/behavioural change and intervention.

Pain Reduction Service

Events

No Events

Activities

No Activities
