



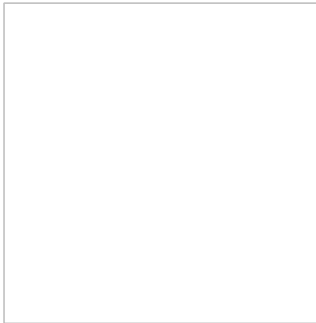
# Living Well North Tyneside

Supporting Health and Wellbeing

directed support. Our services are based on the principles of wellbeing, recovery, resilience and prevention.

You can find information about the services available here: [www.tynesidemind.org.uk](http://www.tynesidemind.org.uk)

We are members of the **Mental Health Alliance**. You can read more about [it here](#).



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## Services

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Revoc (resilience for Victims of Crime)

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Wellbeing and Resilience Group

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## Things to do

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No Activities

