



# Living Well North Tyneside

Supporting Health and Wellbeing

At Anxious Minds, our mission is to improve the mental wellbeing of individuals in the North East. We offer a range of support services to people who are in emotional distress and provide a safe and welcoming environment for individuals to talk about their mental health. Our extensive support services include counselling for both children and adults, group therapy, and online and telephone support. We are the largest local provider of counselling services outside statutory provision and receive referrals from GPs, healthcare providers, Local Authorities, and other charitable organisations.

If you're waiting for NHS services or are being discharged, Anxious Minds is here to support you. Our goal is to provide individuals with the opportunity to participate in their own recovery, in a safe and supportive environment. We strive to empower individuals to take control of their own mental well-being and improve their quality of life.

We have a team of experienced and dedicated volunteers who work hard to ensure that our services are accessible to everyone. They are passionate about helping others, and their dedication and commitment are vital to the success of our charity.

At Anxious Minds, we understand that everyone's experience of mental health is unique, which is why we offer a flexible and tailored approach to support. We work with individuals to understand their specific needs and provide support that is tailored to their individual circumstances.

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



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## Services

Anxious Minds Recovery Centre  
Veteran Recovery College  
Anxious Minds Counselling Service

## Things to do

No Activities

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