



Living Well North Tyneside

Supporting Health and Wellbeing

This is a powerful change and intervention service that can positively effect your life. It is not care, therapy or medical in nature, . and it can be used for anxiety reduction, self harm reduction, crisis intervention and a reduction in guilt, anger, old emotional or physical pain, dysphoria, dismorphia, negative thinking, suicidal ideation and for ego and identity strengthening.

Soothing and reducing personal suffering, then opens up room for confidence, self esteem ehancing, empowerment, relaxation, contentment, commitment, functionality and a stronger, more grounded sense of self, to name a few of the benefits.

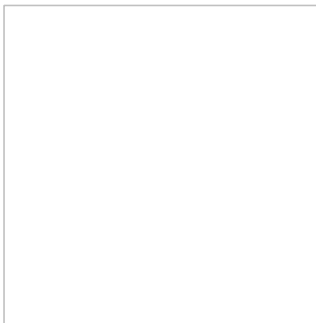
There is a free initial, 15 minute consultation, by telephone, email, or social media

The cost ranges from £55 to £90 per session. Consessions and discounts are available, providing you meet the criteria.

If you'd like to enquire about, learn more, or explore any of these new technqiues and ideas further, please don't hesitate to get in touch.



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