



Living Well North Tyneside

Supporting Health and Wellbeing

Healthwatch offer a Health and Care Information Service to help you get the information you need to make informed choices about your care and the services available. Our service is free and easy to use. Examples of information we can provide include:

- How to access social care services
- [How to find a dentist, pharmacy, optician, GP etc.](#)
- [What to do when you feel ill in North Tyneside](#)
- [Mental Health support in North Tyneside](#)
- [How to make a complaint about a health or care service.](#)

Our Health and Care Information Service can be accessed by phone, email or online.

Phone 0191 263 5321

Email info@hwnt.co.uk

[Visit our website for our online form.](#)



[Healthcare services](#) | [information](#) | [consulting](#)



 0191 263 5321

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Last Updated - 1st May 2024



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