



Living Well North Tyneside

Supporting Health and Wellbeing

The Drop-in & Recovery Centre is run by local volunteers and our trained mental health team working with the local community, the aim is to empower the community to help and support each other helping each other achieve their full potential. For over 5 years we have provided local people with a safe space where they can access information, support, advice and education.

With an average of over 200 services users a week accessing these services, a large range is on offer, designed to support local people to overcome many of the issues and challenges they are confronted with each day – loneliness the need to develop new skills; lack of self-esteem; lack of self-confidence; and being isolated. All our work empowers people, to help each other:

Our aims are to:

- Provide a peer-led, peer-delivered education and support service where people can learn from each other's insights, skills and lived experience.
- Enable connection and friendship
- Provide opportunities that allow students to aspire to be their best selves.
- Identify and recognise their innate strengths and talents, and their ability to help others.
- Promote recovery through peer-led education and other peer-led activities.
- Provide a focus for peer leadership, peer support and recovery orientated practice.
- Enable collaboration between other service providers and organisations that support these aims.





Life
Beyond
Addiction



07950798489



info@anxiousminds.co.uk



The Forum Shopping Centre
Wallsend, North Tyneside
NE28 8JB



<https://www.anxiousminds.co.uk/veterans-mental-health-north-east/>



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