



# Living Well North Tyneside

Supporting Health and Wellbeing

The Anxious Minds Veteran Recovery College offers a variety of outpatient community mental health services to military veterans and their families who are struggling with issues related to mental health and addiction to anyone suffering whilst waiting for OP Courage or Community Mental Health and long term support for veterans and their families leaving NHS mental Health services, knowing that they will be cared after and supported as required.

Multi award winning service supporting mental health, addiction and well-being for veterans and their families.



[veterans](#) | [Veteran Support](#) | [veteran families](#)





0191 308 4030



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NE28 6RN



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



Last Updated - 29th November 2023

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