



Living Well North Tyneside

Supporting Health and Wellbeing

We'll work with you to manage your emotions and find support to tackle practical issues affecting your mental health.

These issues might include:

- Financial worries or debt
- Unemployment or issues at work
- Housing
- Relationship difficulties
- Social isolation

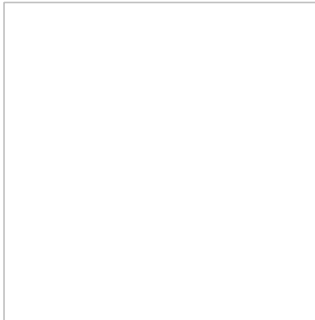
We can offer all kinds of support to help you in your situation, including:

- Emotional support.
- Help you to manage difficult feelings.
- Working with you to create a safety and wellbeing plan.
- Helping you find ongoing support from other local organisations. We can also arrange or accompany you to appointments with them.



[mental health
support](#) |

[crisis support](#)



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<https://www.everyturn.org/crisis-support/safe-havens/>

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