



Living Well North Tyneside

Supporting Health and Wellbeing

welcomes all without stigma or judgment.

This group is for you if you have limited social networks, feel alone or isolated because of your mental ill health and would benefit from learning more effective techniques to improve your health and wellbeing. The group meets every Tuesday afternoon. Please contact our admin team on adminteam@tynesidemind.org.uk or visit our website for a copy of a referral form.



[mental health](#) | [group](#) | [support](#) | [wellbeing](#)



0191 282 8130



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<https://www.tynesidemind.org.uk/help->



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