



# Living Well North Tyneside

Supporting Health and Wellbeing

acknowledging your pain and helping you to find the best way to deal with any issues that are ongoing now. It is not about the counsellor giving you advice – its about the counsellor working with you to find your own solutions.

Unisus is based in Wallsend where we hold in person one on one counselling and group support sessions, but we also offer our counselling service online for those who cannot attend in person or prefer to have sessions in the safety of their own homes. Our service is funded so there is no cost to the client for our counselling service and for anyone who wants to access counselling at home but does not have the technology/data to access online sessions, we have a provision of devices and support in using them as well.

Mental Health, Depression, Anxiety, Talking therapy, wellbeing, counselling



[mental health](#) | [anxiety](#) | [Health & Wellbeing](#) | [disability](#) | [counselling](#) | [emotional support](#) | [therapy](#) | [depression](#)



01919089384



[kelly.oliverdougall@unisus.org.uk](mailto:kelly.oliverdougall@unisus.org.uk)



Salisbury House  
2 Buddle Street  
Wallsend

England  
NE28 6EH



<http://unibus.org.uk>



Last Updated - 13th December 2023

# Sign Up for Living Well North Tyneside

Get all the latest news and information to help you to live well locally

[Subscribe Now](#)

