



Living Well North Tyneside

Supporting Health and Wellbeing

Now it is not about the counsellor giving you advice – it is about the counsellor helping 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



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Unisus Wellbeing



01919089384



kelly.oliverdougall@unisus.org.uk



Salisbury House
2 Buddle Street
Wallsend
England
NE28 6EH

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