



Living Well North Tyneside

Supporting Health and Wellbeing

Read on to find out how to get involved!

NT LIFE Recovery College offers workshops, courses and activities which are all aimed at the self-management of positive mental health and wellbeing, and at sharing Learning Insights From Everyone.

Courses are free of charge and open to all North Tyneside residents aged 18 years old and above. They are particularly aimed at people who have experienced mental health challenges, their families, and carers and for those who work in the mental health field. All of our sessions are co-produced by individuals who have lived experience of challenges with their own mental health (experts by experience), carers and healthcare professionals.

The inclusive nature of the college means that students:

Require no educational qualifications Contributions are recognised and valued Get to choose your own courses Download our latest prospectus and to enrol as a student and begin your NT LIFE journey [here!](#)

Volunteer with NT Life Help us to plan and deliver quality courses and support NT LIFE students by volunteering with us. We are currently developing a volunteer programme which offers a range of flexible and rewarding roles, including:

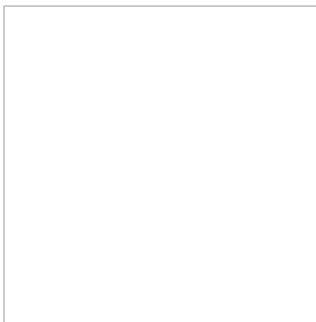
- Administration
- Peer support
- Co-facilitation
- Course delivery

Training, support and agreed expenses are available. Please note, some roles will require DBS checks

We are members of the **Mental Health Alliance**. You can read more about it [there](#).



[mental health](#) | [health and wellbeing](#) | [volunteering](#) | [mindfulness](#) | [recovery](#) | [alcoholic](#)





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