

Wellbeing Wednesday

Tyneside & Northumberland Mind provide three different weekly activities on their Facebook Page giving you the chance to access information & activities and try different ways of managing your mental health and wellbeing.

Wellbeing Wednesday – Lisa provides short videos giving you hints and tips on how to improve your mental health & wellbeing and covers a wide range of topics such as sleep, exercise, healthy eating and building resilience.

Last updated: June 11, 2020

Organiser: Tyneside and Northumberland Mind

Useful Organisations

MIND

Email: admin@tynesidemind.org.uk

Website: www.tynesidemind.org.uk

Telephone: 0191 477 4545