

PeerTalk Whitley Bay and Gateshead

PeerTalk Whitley Bay and Gateshead is a free peer support group for anyone over 18 who faces anxiety or depression. The support groups are facilitated by 2 trained volunteers and offer a friendly, safe space for you to share what's going on for you. People in the group respond to you, offering tips and coping strategies that may have worked for them, in the hope that they might help you.

It's not therapy or treatment, but it's valuable support from people who understand the ups and downs of mental wellbeing. No need to book, you can just turn up.

Gateshead venue: Bensham Grove Community Centre, Sidney Grove, Bensham, NE8 2XD

Last updated: March 3, 2020

Telephone: 07719 562 617

Website: <http://www.peertalk.org.uk/>

Email: enquiries@peertalk.org.uk

Twitter: https://twitter.com/peer_talk

Facebook: <https://www.facebook.com/PeerTalk1/>

Opening Hours: Whitley Bay Wednesdays 7pm to 8.30pm
Gateshead Mondays 7pm to 8.30pm

Address:
PeerTalk
Whitley Bay Big Local
305 Whitley Road
Whitley Bay
NE26 2HU

Related Articles

[Mental Health](#)

[Support Groups](#)