

Anxious Minds

Anxious Minds provides confidential support for people with mental health issues anxiety, depression, stress, abuse, post traumatic stress disorder (PTSD), grief and loss. They offer:

- adults and children counselling services (you can pay a donation to use this service)
- **The Veteran Recovery College** offers veterans and their families help through counselling, addiction support, outdoor therapy and up to 15 support groups a week. The college also provides back to work support and advice services.
- **Drop in and Recovery Centre** in Wallsend
- peer support groups
- outdoor therapy activities
- self help videos
- **community mental health radio station**

Last updated: November 4, 2022

Telephone: 0191 262 0305

Telephone 2: 0191 308 4030

Telephone 2 note: veterans support

Website: <https://www.anxiousminds.co.uk/>

Email: info@anxiousminds.co.uk

Website 2: <https://www.anxiousminds.co.uk/veterans-mental-health-north-east/>

Facebook: <https://www.facebook.com/anxiousminds.AM/>

Opening Hours: Monday to Friday 9.30 am to 4 pm

Cost: There may be a cost to this service/support

Address:
(inside the) Creative Wellbeing Centre
31 Station Road
Wallsend
NE28 6RL

Related Articles

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[Depression](#)

[Mental Health](#)

[Support Groups](#)

[Support for veterans, their families and carers](#)