

Anxious Minds Veteran Recovery College

The Anxious Minds Veteran Recovery College offers free community mental health services to military veterans and their families. They offer support through one to one counselling, classes and support groups. They help with issues related to mental health and addiction such as:

- Post Traumatic Stress Disorder (PTSD)
- depression and anxiety
- phobias
- marital issues
- alcoholism and drug abuse

All the Veteran team have either served in the Armed Forces or are professional Mental Health and addiction support staff.

This service is part of [Anxious Minds](#) and their [Drop in and Recovery Centre](#).

Last updated: November 4, 2022

Telephone: 0191 308 4030

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

Email: veterans@anxiousminds.co.uk

Opening Hours: Monday to Friday 9am to 4.30 pm

Cost: Free

Address:

The Wallsend Memorial Hall
10 Frank St,
Wallsend
North Tyneside
NE28 6RN

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