US Active

US Active works with young people 12 to 25 years old, who have, or are at risk of developing mental health difficulties. They engage young people in a sport or activity of their choice, to help improve their mental health. Being physically activity helps them to feel good, increase their confidence and self-esteem.

The programmes are co-designed with the young people. Activities can be 1-to-1, or small group activities. They are arranged to meet the needs of the young person

This service is free for young people in Tyne and Wear. You can contact them directly to find out more or be referred by a professional in health, social care, education, voluntary and community, justice.

Last updated: October 24, 2025

Telephone: 07397189965

Website: https://www.usactive.org.uk/

Email: info@usactive.org.uk

Website 2: https://www.usactive.org.uk/contact/initial-referral-form/

Twitter: https://twitter.com/usactivecharity

Facebook: https://www.facebook.com/usactivecharity/

Youtube: https://www.youtube.com/@usactive7865

Opening Hours: Monday to Friday 9am to 5pm

Cost: Free

Address:
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