Are you feeling stressed, low or anxious?

Would you like to find out what you can do to help yourself?

The Supported Self Help Service is available across Gateshead

This service offers you the chance to work on common mental health problems such as stress, low mood and anxiety.

Supported Self Help can be effective if you are ready to try out and keep working at solutions and changes.

We believe that people have got lots of strengths and good ideas about how to help themselves.

You will need some regular time to think and work towards your goals.