



# CREST

COMPACT FOR RACE EQUALITY  
SOUTH TYNESIDE

**NHS**

South Tyneside  
Clinical Commissioning Group

YOUR MENTAL WELLBEING  
IS OUR PRIORITY

## Our Services

- ✓ Wellbeing Workshops
- ✓ Listening ear
- ✓ Guidance into specialist services
- ✓ 1-1 support
- ✓ Awareness events
- ✓ Accessing social groups

**SUPPORT  
AVAILABLE**

**WWW.CREST.UK.COM**

**0191 427 66 11**

**INFO@CREST.UK.COM**

Here at CREST we understand that Mental Health can effect all people from all walks of life. CREST is passionate about ensuring we offer quality intervention level support for those in need. Particularly those from ethnic minority backgrounds.