

# FREE COUNSELLING FOR SOUTH TYNESIDE RESIDENTS

## INDIVIDUALS



## COUPLES



## CHILDREN AND YOUNG PEOPLE



## SOUTH TYNESIDE CORONA COUNSELLING

NECS have funding to provide counselling free of charge to people who live in South Tyneside who's mental health has been impacted by Corona Virus.

This funding is limited and we can deliver support to around 50 people by Zoom or telephone.



## ACCESSING COUNSELLING

It's easy to access counselling - people can be referred in by their GP or make a self referral by visiting our website and clicking the referral link. You can also call the office on 0191 4661314. We will then contact you to arrange your first appointment - please mention South Tyneside Corona Counselling to access the counselling free.

**REGISTER NOW**

**CALL  
0191 4661314**

## USEFUL RESOURCES FOR MANAGERS AND STAFF



## FREE SUPPORT FOR STAFF

We've got a range of free resources/presentations for staff which can be accessed via our website or delivered in your surgery.

Click the image to find out more or contact Carol Smith, Commercial Director