Information NOW
Information for people in Newcastle upon Tyne

Anxious Minds Community Drop in and Recovery Centre

The Drop in and Recovery Centre is part of **Anxious Minds.** It's ran by local volunteers and a trained mental health team. You can turn up without an appointment to access mental health information, support, advice and education.

Helping you to develop new skills, improve your confidence and socialise.

Last updated: November 4, 2022

Telephone: 07950 798 489

Website: https://www.anxiousminds.co.uk/recovery-centres/

Email: drop-in@anxiousminds.co.uk

Opening Hours: Monday, Tuesday, Wednesday 10am to 3.30pm

Address:
The Forum Shopping Centre
Wallsend
North Tyneside
NE28 8JN

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