

Peer Talk

Peer Talk is a national charity offering support to anyone feeling depressed or anxious.

Peer Talk support groups meet face to face every week in Gateshead, North Shields and Whitley Bay. They welcome newcomers to come along and join.

They offer a forum for sharing and listening, providing encouragement and hope to peers. Peer Talk raise awareness about low mood and challenge the stigma often associated with it.

The Gateshead group meets weekly on Mondays 7 to 8:30pm at Bensham Grove Community Centre, Sidney Grove, Gateshead NE8 2XD

Please contact for more information

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Telephone: 07561364350

Website: www.peertalk.org.uk

Email: Colin@peertalk.org.uk

Website 2: <http://www.peertalk.org.uk/index.php/support-groups>

Address:

Bensham Grove Community Centre
Sidney Grove
Bensham
Gateshead
NE8 2XD