

Just turn up at 7.00pm.....no need to book and it's free



"People start to heal the moment they feel heard"  
Cheryl Robinson 2008

GATESHEAD

# PeerTalk®



Peer Support Group  
for those living with  
depression, anxiety  
or other distress



PeerTalk®

Find out more at:

- 📞 07719 562 617
- 🌐 [peertalk.org.uk](http://peertalk.org.uk)
- ✉ [enquiries@peertalk.org.uk](mailto:enquiries@peertalk.org.uk)
- 🐦 @peer\_talk
- 📘 @peertalk1
- 📷 [peertalkcharity](https://www.instagram.com/peertalkcharity)

EVERY MONDAY 7.00pm – 8.30pm

Bensham Grove,  
Community Centre,  
Sidney Grove, Bensham,  
Gateshead NE8 2XD.

