

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

WHITLEY BAY

PeerTalk®



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



PeerTalk®

Find out more at:

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

EVERY WEDNESDAY 7.00pm – 8.30pm

Whitley Bay Big Local,
158 Whitley Road,
Whitley Bay,
NE26 2LY.

