

Armed Forces Personnel,

Veterans & Families

Good morning

Anxious Minds is an established Mental Health charity based in Wallsend which offers Counselling and Addiction help for Armed forces personnel, Veterans and their families.

We are particularly keen to offer help relating to Anxiety, Depression and Addiction issues.

We offer Free Counselling to Veterans for issues relating to anxiety and depression alongside utilising SMART UK Recovery sessions for Veterans and Families with concerns regarding addictions, drugs, drink, gambling etc.

The addiction group sessions operate both via Face to Face and Online facilities. The face to face sessions are conducted at the 'Drop In Centre' in the Forum Wallsend Shopping Complex each Friday at 1pm.

The SMART UK addiction sessions are conducted daily during the week, as below:

Monday (2pm - 3pm) Online via Zoom
ID code: 81757848580 Pass code: 20212021

Tuesday (6pm – 7pm) Online via Zoom
ID code: 341 107 1092 Pass code: 20212021

Wednesday (2pm - 3pm) Online via Zoom
ID code: 82195418699 Pass code: 20212021

Thursday (2pm - 3pm) Online via Zoom
ID code: 89620109721 Pass code: 20212021

Friday (1pm – 2pm) Face to Face
Anxious Minds Drop In Centre , The Forum Shopping Centre, Wallsend

We are very keen for Veterans to come along and join in with a chat and a cuppa at the Veterans Centre, Monument Hall , 10 Frank Street, Wallsend NE28 6RN

Call in to our office Monday to Thursdays 10 – 12 and join in with a chat and a cuppa with some like-minded Veteran colleagues.

We are keen to conduct free Group sessions involving Walks, Cycling, Canoeing etc.

We have a large 'woodland area' near Stocksfield, which we are encouraging Veterans to come along to and join in with us to enjoy the fresh air, walk the woods, build a camp fire and enjoy a cosy cuppa around the fire with fellow forces and veterans personnel.

So please get in touch, we'd love to hear from you, even if its just a chat.

If you have any concerns which you think you need help with and we may be able to help with then please contact us at:

Anxious Minds Veteran Families, Tel: 0191 2634852 or ring our main Anxious Minds office **0191 2620305**

email : veterans@anxiousminds.co.uk or info@anxiousminds.co.uk

Best regards

Anxious Minds Veterans Families Team