



Living Well North Tyneside

Supporting Health and Wellbeing

physical and/or mental health conditions and those at risk of developing them.

Mental Health and Wellbeing coaches can be an effective intervention for people experiencing a range of long term conditions, including respiratory, cardiovascular (including type 2 diabetes and hypertension), and stress/low mood. They can also support people with weight management, diet and increasing activity levels.

The mental health practitioners contribute to the ambition to develop integrated modals of primary and community mental health care, supporting adults and older adults with severe mental illness to live well in their communities. Community mental health transformation defines those severely affected by mental illness, including but not limited to:

- Psychosis
- Bipolar Disorder
- 'Personality Disorder' Diagnosis
- Eating disorders
- Severe depression
- Mental health rehabilitation needs

Some of these conditions may co-exist with other conditions such as frailty, cognitive impairment, neurodevelopment conditions, or substance use.



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