



Living Well North Tyneside

Supporting Health and Wellbeing

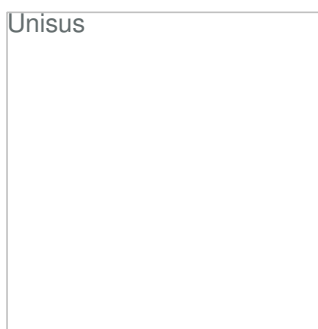
social support to those isolated or at risk of isolation. We work with around 70 clients currently and have over 50 staff.

We provide full training to all new staff members and have continuous recruitment. If you feel that you have the right values to support vulnerable elderly and disabled people we would like to hear from you.

At Unisus our Wellbeing Team provide funded person-centred counselling to adults who may be experiencing low mood, anxiety or depression. Our counsellors can work with you to help you see the light, re-framing your experiences, acknowledging your pain and helping you to find the best way to deal with any issues that are ongoing now. It is not about the counsellor giving you advice – its about the counsellor working with you to find your own solutions.

Unisus is based in Wallsend where we hold in person one-on-one counselling and our group support sessions, but we also offer our counselling service online for those who cannot attend in person or prefer to have sessions in the safety of their own homes. Our service is funded so there is no cost to the client for our counselling service and for anyone who wants to access counselling at home but does not have the technology/data to access online sessions we have a provision of devices and support in using them as well.

We are members of the **Mental Health Alliance**. You can read more about [it here](#).



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Services

Unibus Care

Unibus Wellbeing

Things to do

No Activities

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