



Living Well North Tyneside

Supporting Health and Wellbeing

overcome those issues and regularly review so that people recognize the progress they are making and successes they are having. Key workers can also work closely with other agencies involved in supporting an individual such as probation, social care and community mental health teams.

Employment Service

Our employment advisors, who have specific training in order to recognise and work with mental health problems, focus on an individual's strengths and opportunities and reflect on what someone can do rather than on what they can't. They work with a person-centred approach which identifies individuals' skills, values and interests and develop individualised plans for future actions. They offer employment preparation courses, assertiveness training and help to develop IT skills, support in job searching, CV preparation, completing job applications, and preparing for interviews. Our Employment Advisers can also offer advice on disclosure of mental health issues to employers and, where appropriate, we work with an individual and their employer to provide ongoing support in their work place.

Liaison and Diversion Service

This is a service specifically people who have make become involved in the criminal justice system and have mental health issues and/or other support needs. They are referred directly from the police station by one of the Mental Health Practitioners based there to one of our specialist Community Link worker. The Community Link Workers support the person in identifying issues that may have led to their offending or are having a negative effect on their lives and then agree an action and support plans with goals to work towards. Following on from the support of the Community Link Worker people can access ongoing support from a Peer Support Volunteer. Our volunteers all have lived experience of mental health issues and/or involvement in the Criminal Justice system. They use this experience along with the training they take part in with Richmond Fellowship to provide ongoing support and mentoring.

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




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Services

No Services

Things to do

No Activities

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