



# Living Well North Tyneside

Supporting Health and Wellbeing

- debt
- housing
- physical and mental health.

We have regular sessions with employers so you can find out what they are looking for in candidates. They'll tell you about career opportunities at their business.

- Confidential, tailored advice and support
- Workshops and courses to build your skills
- Advice from health professionals
- Help with job search, applications and interview coaching
- Opportunities to meet with local employers
- Computer access and digital support
- Health and wellbeing advice and support services
- Career planning and support to build your professional network

Drop in on Fridays between 10am and 2pm.



[employment support](#) |

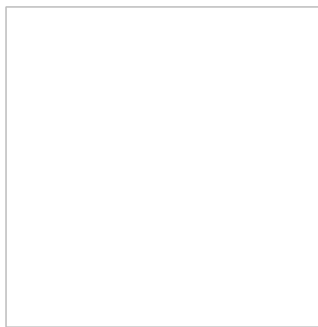
[consulting](#) | [work training](#) |

[career advice](#) |

[job support](#)

## Related Documents

- [Whitley Bay.png](#)





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<https://www.skillsnorthtyneside.org.uk/support/workingwell/>



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