



Living Well North Tyneside

Supporting Health and Wellbeing

The Discovery College wants to offer young people, workshops, courses and activities that are co-designed and co-produced by young people. Access to the college will be free to all 16–25-year-olds living across North Tyneside, by an easy self-referral process.

Discover Me is non-clinical support

DiscoverMe does not replace any existing Education provision.

- There are no criteria for young people to join, they just need to be looking to better their mental health and wellbeing!
- Young people do not have to have a diagnosis to attend.
- Young people must self-refer, and this cannot be done by a professional. However, professionals are welcome to contact us with a young person's details and we are happy to contact them to start the process.
- Once a young person has signed up, it is not compulsory that they attend a certain amount of sessions.

Young people can sign up using our quick form: <https://bit.ly/TheDiscoveryCollege>



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<https://voda.org.uk/our-projects/discoverme/>



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