



Living Well North Tyneside

Supporting Health and Wellbeing

produced by young people, needs to the college will be free to all 16-25 year olds living across North Tyneside, by an easy self-referral process.

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 Jess or Kirsty 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>

Discover Me is non-clinical support

Our aim is to support young people (16-25) in better managing their mental health and well-being. Our intention is to create a safe and vibrant environment for young people to cultivate and grow the skills which will help them better understand themselves and their mental health and wellbeing.

DiscoverMe will offer young people workshops, courses and activities which are all co-designed and co-produced by young people themselves. This will offer young people the platform to lead their own initiatives and build their confidence along the way!

DiscoverMe will offer young people the chance to participate in sessions as explorers, but also the opportunity to co-produce sessions alongside staff if they would like to.

There is no set time limit in place for young people to access the service. They can continue to attend up until the age of 25.

DiscoverMe not compulsory, young people can go to as little or as many sessions as they like.

DiscoverMe does not replace any existing Education provision.



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DiscoverMe



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Last Updated - 26th July 2024



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