



Living Well North Tyneside

Supporting Health and Wellbeing

worrying, upsetting, and isolating it can be.

For adults and young people from the age of 11* years old we facilitate one to one and group support, offering practical help and emotional support to make life easier. We listen, help whole families to problem solve, deliver structured interventions such as Community Reinforcement and Family Training (CRAFT), Family Mediation and Behavioural Couples Therapy, offer respite opportunities, and deliver training/education to support carers and young people to develop new skills. We build teams around families and where appropriate invite other services to be part of this team helping to achieve families' goals.

Everyone is welcome to access our services, family members or friends who are impacted by someone else's drug or alcohol use and the only criteria are you must live in either Newcastle or North Tyneside and be no younger than 11 years old. Our service has no upper age limit.

Referrals for support can be made by anyone (family members, carers or professionals) by ringing 0191 2263440 9am – 9pm or ring 07791246049 9am – 5pm. Online referrals can also be made via the PROPS website.

We offer helpline support Monday to Sunday 9am – 9pm – 0191 2263440.

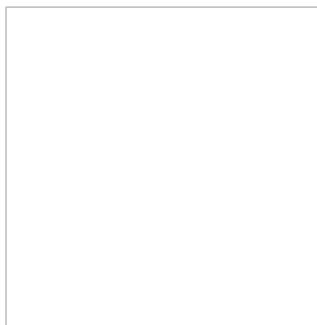
Website: www.props.org.uk

*We currently only offer the Young Persons service in Newcastle.

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



[alcoholism](#) | [Drug Addiction](#) | [carers support](#)



0191 2263440



office@propsnortheast.org.uk



Linskill Centre
Linskill Terrace
North Shields
England
NE30 2AY



<https://props.org.uk/>

Last Updated - 23rd August 2024



Sign Up for Living Well North Tyneside

Get all the latest news and information to help you to live well locally

[Subscribe Now](#)

