



“People
start to heal
the moment
they feel
heard”

Cheryl Richardson

Facing
Depression
Together

PeerTalk

TYNESIDE

Peer support groups
for people living with depression

EVERY WEDNESDAY 7.00pm – 8.30pm

Whitley Bay Big Local, Unit 4,
305 Whitley Road, Whitley Bay, NE26 2HU

EVERY THURSDAY 7.00pm – 8.30pm

Whickham Library, 9 St Marys Green,
Whickham, Newcastle Upon Tyne, NE16 4DN

Find out more at:



www.peertalk.org.uk



@peer_talk



@peertalk1

The PeerTalk Charitable Foundation, registered charity no.1169830.