

Are you



Feeling dizzy or faint?



Irritable?



Feeling worried all the time?



Have muscle tension and pain?



Losing your appetite and weight?



Losing concentration?



Difficulties sleeping or sleeping too much?

You may be showing some of the signs and symptoms of a common mental health problem such as anxiety or depression.

You don't have to visit your GP to get support.

You can self-refer to the following local organisations which offer a range of support for age 16+ such as: counselling, support groups, listening services and wellbeing activities etc.

Sunderland Psychological Wellbeing Services

Tel: 0191 566 5450

Washington Mind

Tel: 0191 417 8043 Web: www.washingtonmind.org.uk

Sunderland Mind

Tel: 0191 5657218 Web: www.sunderlandmind.co.uk

Sunderland Counselling Service

Tel: 0191 514 7007 Web: www.sunderlandcounselling.org.uk

Sunderland Recovery College

Tel: 0191 553 2276 Web: www.sunderlandrecoverycollege.org

For a range of self-help information and local services, please visit: www.wellbeinginfo.org

If you are really worried about any of your symptoms please do not hesitate to see your GP

healthwatch
Sunderland

