

evenbetter bettereven

Community-led mental health support for Jarrow

This leaflet contains details of our community mental health services.

Please note that Even Better is not a crisis service. **If you need crisis support, call 0303 123 1145 or 0800 652 2867**



From people
who've lived it



Social Enterprise
Support Fund

Delivered by





**ALL WELCOME!
COMPLETELY FREE!**

**Mondays,
10-12 am at
Bilton Hall
Community
Trust**



Our regular coffee morning is a welcoming, friendly and non-judgemental meet-up where we have a free cup of tea or coffee and a chat about our mental health.

**Come and have a
free cuppa with us!**

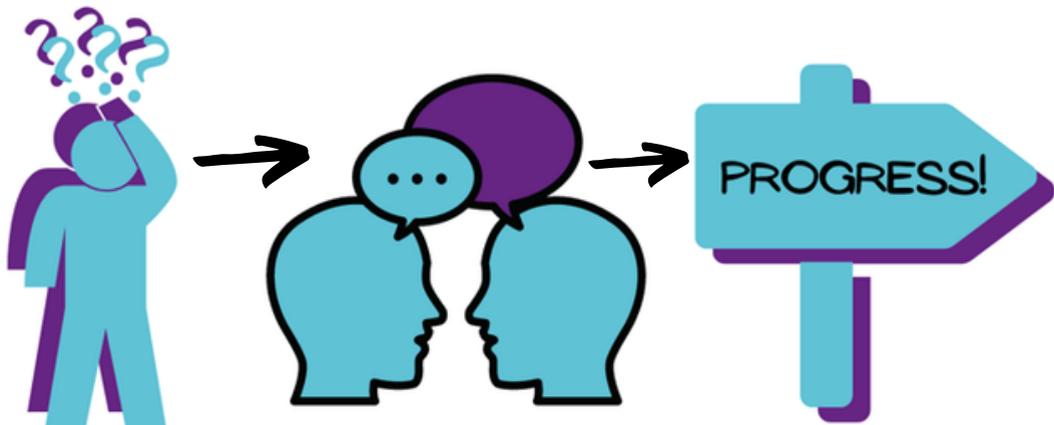


COMING SOON!

**A NEW MENTAL HEALTH
SERVICE FOR JARROW!**



facebook.com/profile.php?id=100085059853268



One-to-One Wellbeing Service

If you know you need some support, but you don't know how to get started, come along to our **one-to-one service**. We'll listen, help you work out what will work best for you, and get you on the road to progress!

Drop in to our comfy Bilton Hall space on Wednesdays between 9am and 1pm.

or book an appointment:

07845 668 903
info@evenbetter.org.uk

NHS

COMMUNITY
CONNECTOR

BILTON
HALL
COMMUNITY
TRUST

#HeartOfTheCommunity

MENTAL HEALTH COMMUNITY HOPE

This group of volunteer members come together to **share their lived experiences of mental health issues with the community**, with the aim of **spreading better understanding of mental health.**



"Your presenters were incredible - so brave and moving telling their own stories. It was the best, most moving and impactful presentation I've ever seen at a CAF meeting. Everyone involved in putting it together should be so incredibly proud."
John Robertson, South Tyneside Homes Area Manager, Jarrow and Boldon

Mon-Fri, 9-5: 07522 517 529



GET IN TOUCH!

We'd love to
hear from you!

info@evenbetter.org.uk



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