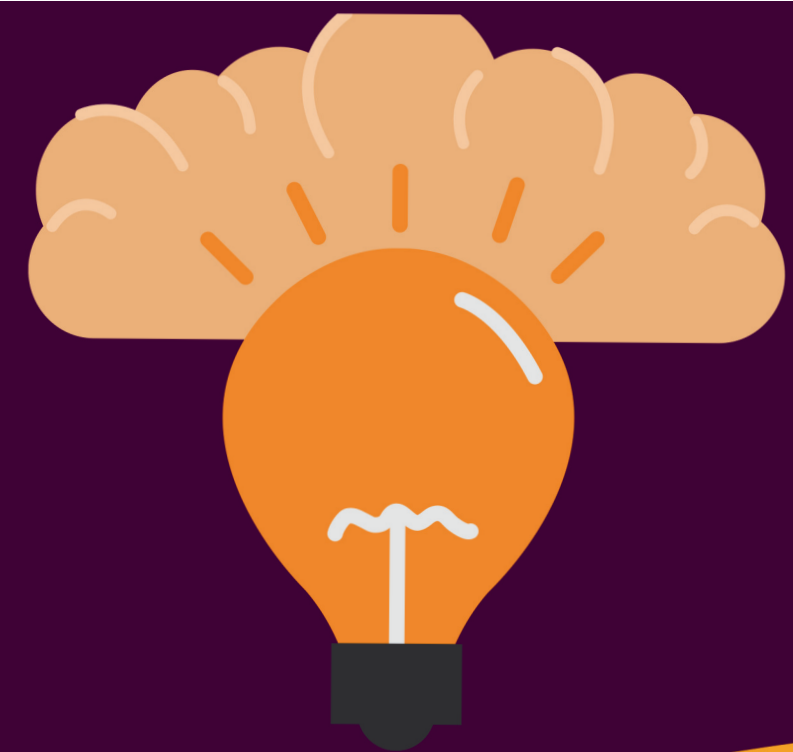


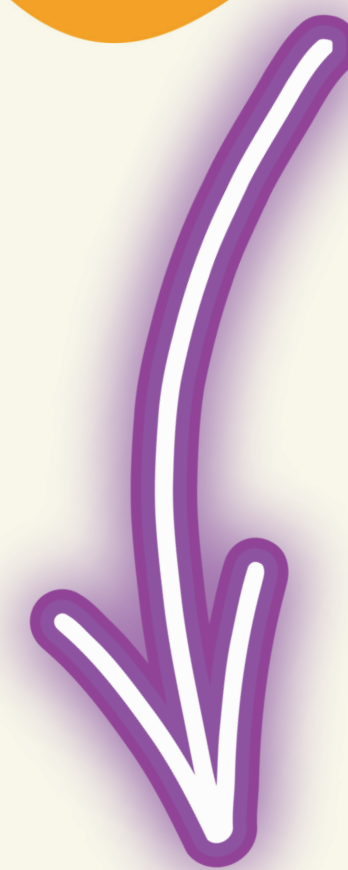
**mental health**



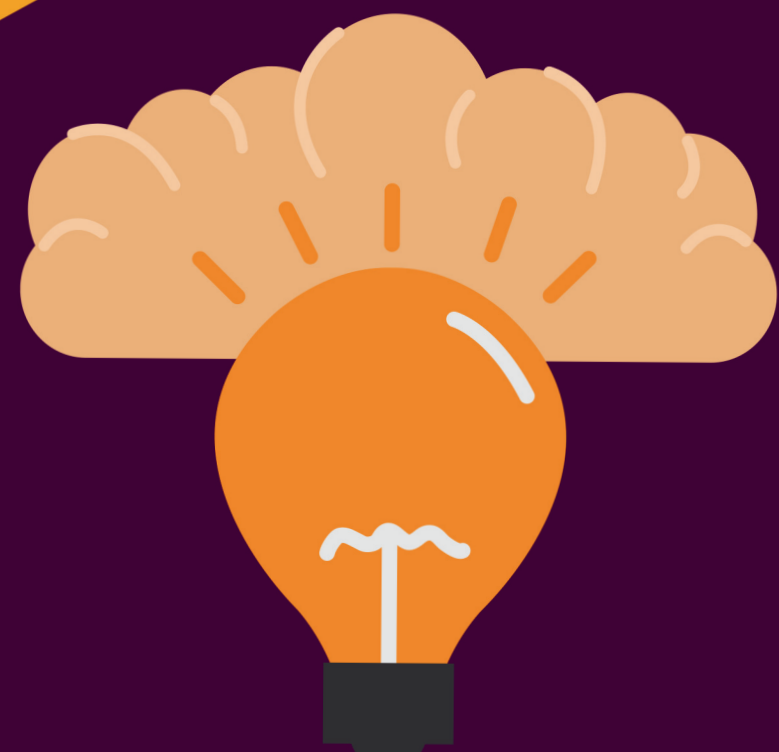
**Places and spaces  
to go to put your  
mind at ease**



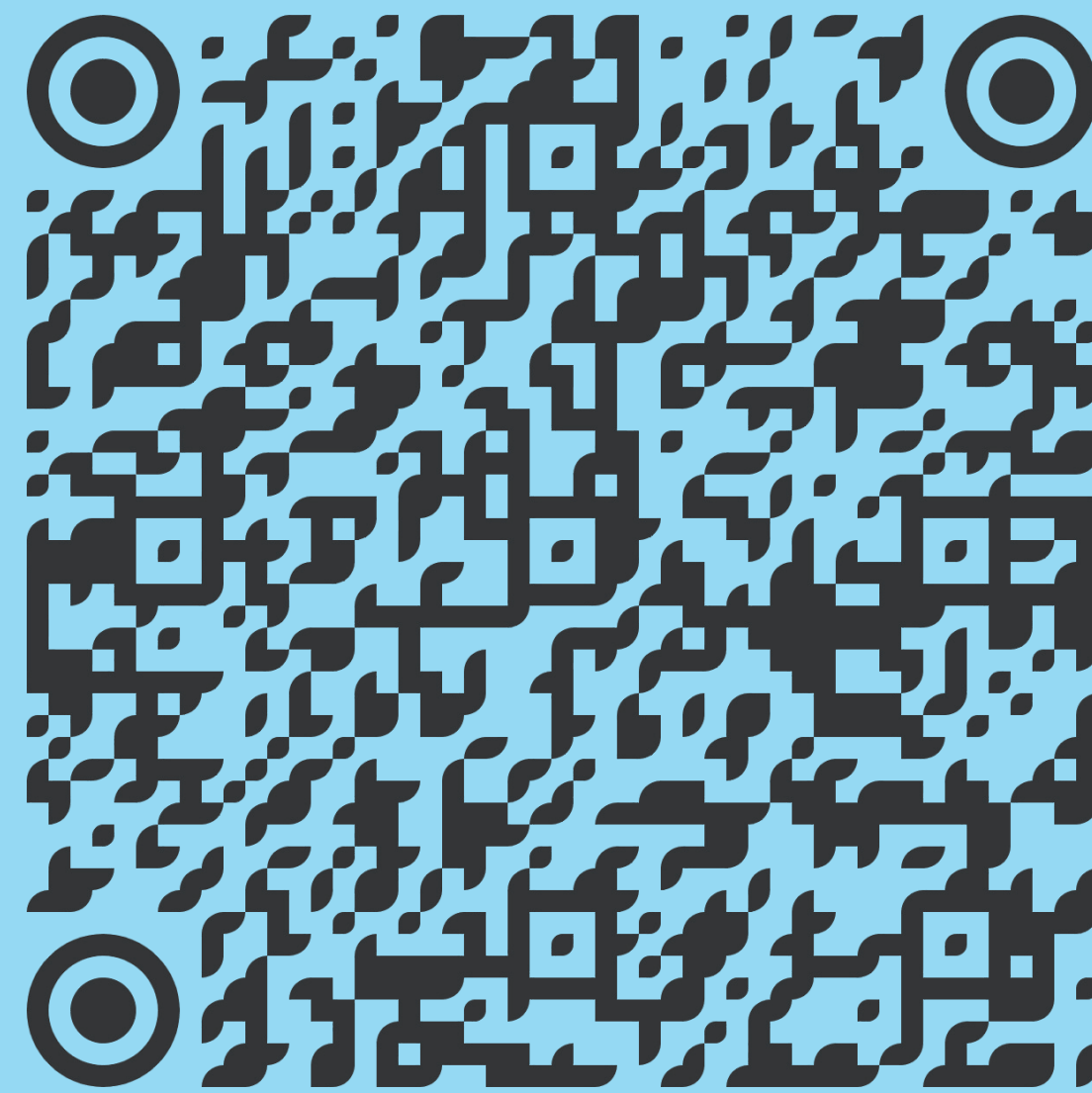
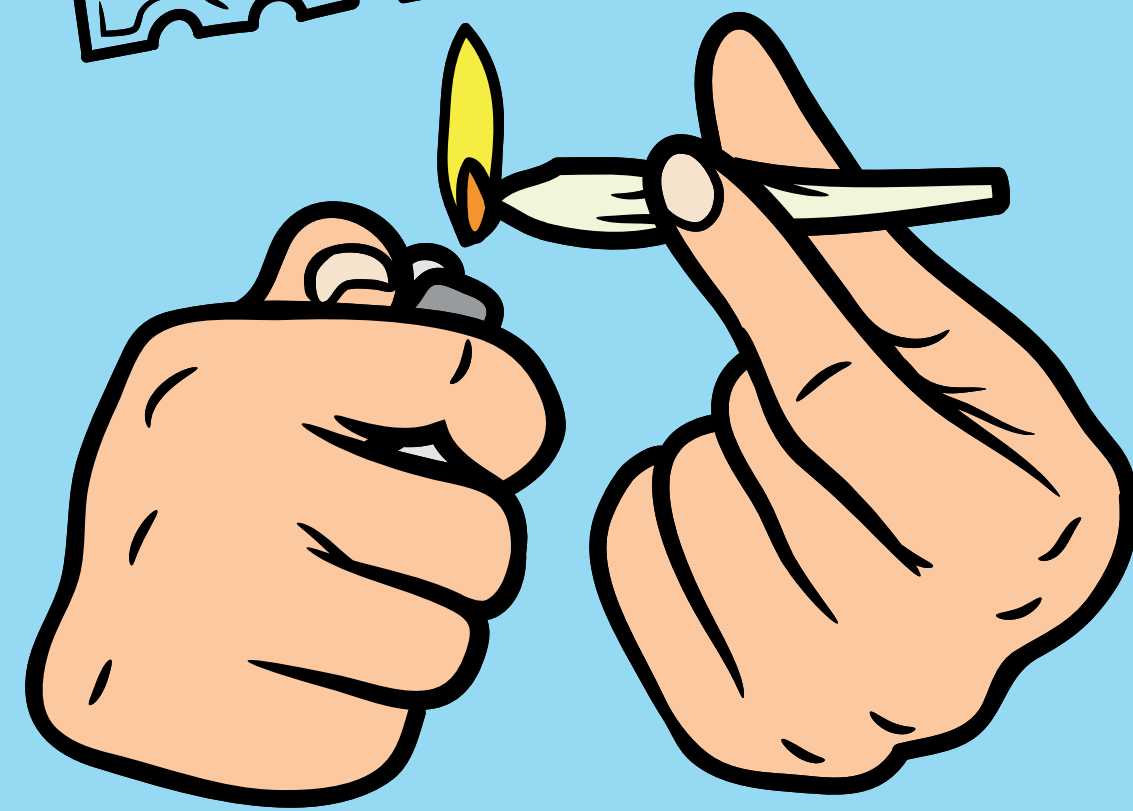
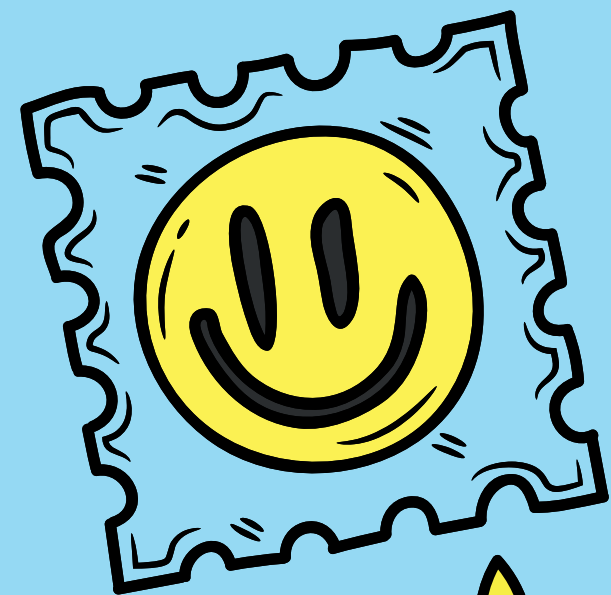
**Find your thing**



**Explore more.  
Do more.  
 Gateshead!**



**-Drugs and Alcohol-  
spaces to leave it behind**



**Positive Futures - Young People's  
Drug and Alcohol Service**

**0191 460 1354**

**[gatesheadYP.Info@cgl.org.uk](mailto:gatesheadYP.Info@cgl.org.uk)**

**Growing Healthy 0-19 Gateshead**

**0300 003 1719**

**[www.hdftchildrenservices.co.uk](http://www.hdftchildrenservices.co.uk)**

**Newcastle Treatment and Recovery**

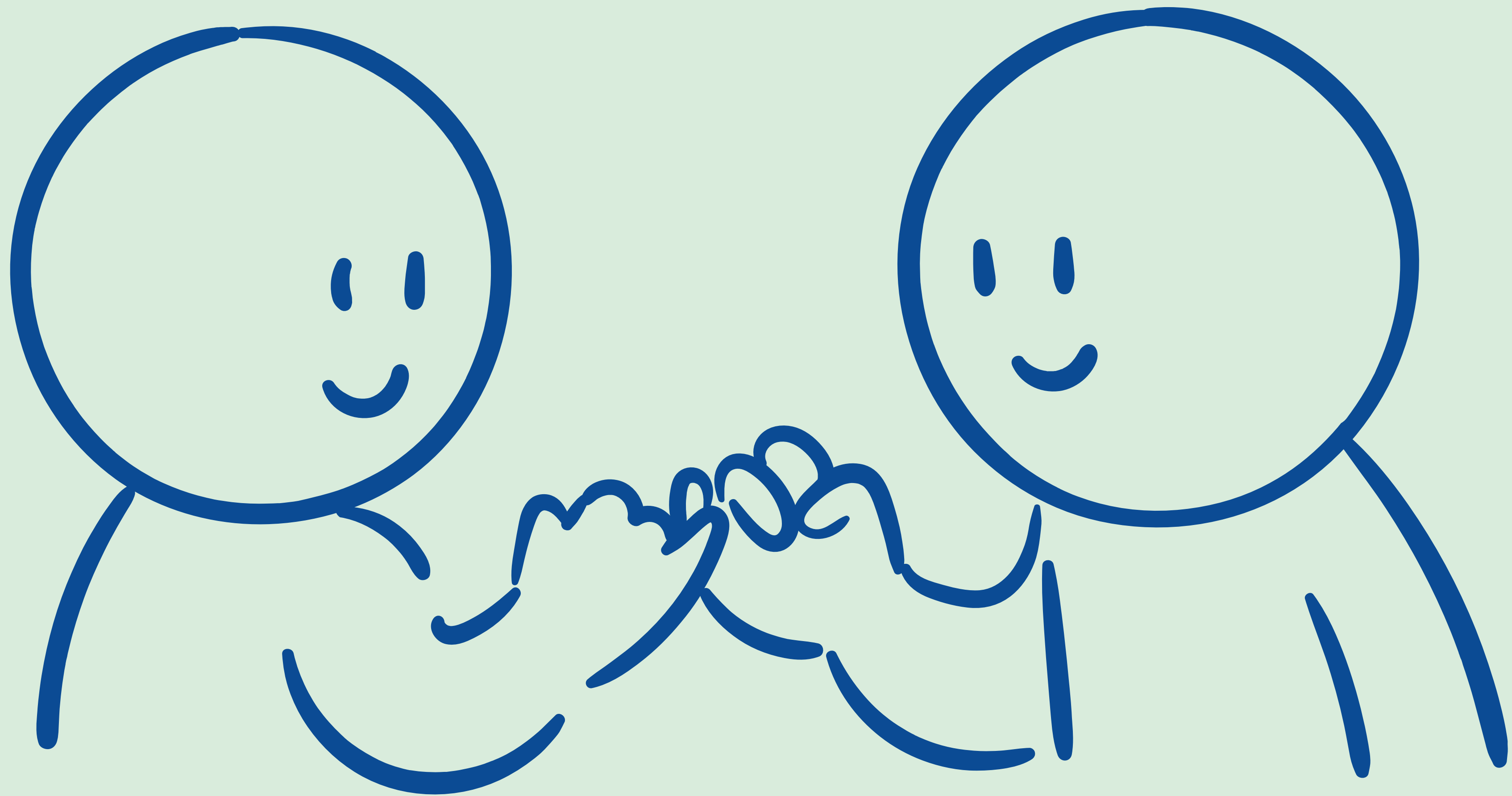
**0191 206 1117**

**[NTARreferrals@cntw.nhs.uk](mailto:NTARreferrals@cntw.nhs.uk)**





# Healthy Relationships



## **Youth Clubs:**

**WF youth football club**- Watergate Forest  
car park, Whickham.



**Safe Space**- Rawling Road Surgery  
Oxford Terrace Bensham Gateshead  
NE8 4QS - Friday, 6.00 - 7.30 (Free)

**Barmoor Inclusive Group**- an inclusive group for young people  
with SEN at Barmoor Hub. Wednesday, 6.30 - 8.00 (Free)



**If you are struggling in a toxic/domestic  
environment please reach out to the  
Gateshead Team.**

**0191 433 3333**



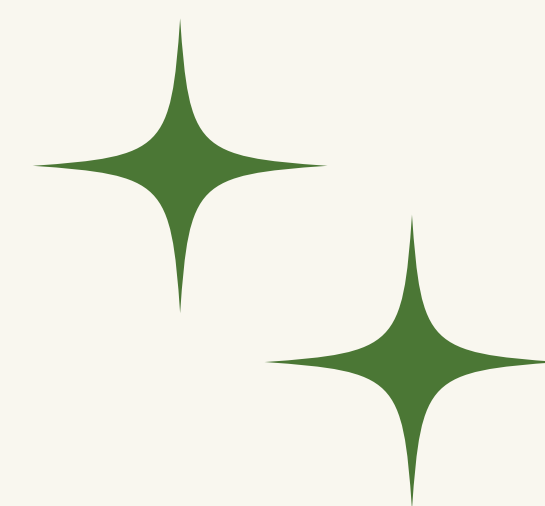
*NOT SURE WHAT'S ON IN GATESHEAD?*



***EXPLORE MORE.***

***DO MORE.***

***Gateshead.***



**Scan  
here!**



*FUN THINGS TO DO NEAR YOU - JUST BRING YOURSELF*



***SCAN THIS CODE***

FOR SOMETHING TO DO



**You may  
as well**

