

## **Signpost North East and North Cumbria**

is a community wellbeing and mental health hub which directs local people, to valuable services and resources. An easy to navigate website for all.



We have collated a wealth of resources and services for people to use if they're feeling down, if they're looking for financial help, help for a child or young person or even useful links such as locating a local GP surgery or dentist. Just to name a few!

Check out the website!

[www.signpostnenc.co.uk](http://www.signpostnenc.co.uk)



Follow us on social media!



Wellbeing is giant umbrella for many different aspects of our lives, and we know that these can impact our mental health. From debt to anxiety, and bereavement to physical health issues, we know they all influence our day to day living and our overall happiness. Find local help and support near you at Signpost NENC!

