

Are you finding yourself stressed? **YOU** are doing great

Vita Health is your local talking therapies service. If you are **16 years and older**, **registered with a GP and live in Newcastle**, we can support you by providing the tools you need to get life back on track.

It is **FREE** and **Confidential**.

SCAN & TALK



CONTACT US



Text 'YOU' to 88802



vitahealthgroup.co.uk



@VitaMindsVHG



0330 0534 230

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