



North  
Tyneside  
Council

Working *well*  
NORTH TYNESIDE

**NHS**

North East and  
North Cumbria

# Is your **health making it hard** for you to work?

Sometimes health problems make it hard to stay in work – or get back to work. If you're finding it a struggle, our Working Well Employment Advisors can help.

## Working Well North Tyneside

Working Well is a free, additional service in North Tyneside to support you.

A Working Well Employment Advisor can listen to your needs, make a plan and put you in touch with services to help.

**You don't need to manage alone.**



## Support for you

We can help you with things like:

- ✓ Getting fitter and healthier
- ✓ Links to local employers
- ✓ Money, benefits or housing
- ✓ Talking with your employer
- ✓ Alcohol and drug support
- ✓ Finding new opportunities