

Wallsend Self Help Group

Thank you for your interest in the Wallsend Self Help Group.

Please Note:

We are no longer accepting any correspondence.

Our PO box is now **closed** and any mail you send to our old address will not be delivered to the Wallsend Self Help Group. Your mail may be returned to you by the postal service, but it will not be delivered to us.

The Wallsend Self Help Group **DO NOT** have an email address. Some referral sites do list an old email address for us, but it is not in use. Any emails sent to us at the email address they give **WILL NOT BE ANSWERED** because the account is closed and will not be re-opened.

If you see any web site which lists any contact details for the Wallsend Self Help Group (i.e. email address, postal address, contact phone number) please notify the site owner that these are no longer valid so that they can update their site.

With immediate effect, the Emotions CD, book "Breaking Free From The Anxiety Trap" and the Helpful Hints Booklet are no longer available from the Wallsend Self Help Group.

If you have already ordered, your payment will either be honoured (stock permitting), or returned to you.

We apologise for any inconvenience.