MENTAL HEALTH AND WELLBEING SUPPORT FOR YOUR CHILD



Useful websites and contacts

https://www.kooth.com/
https://www.childbereavementuk.org/
https://www.whitleybayhighschool.org/Wellbeing/
https://www.youngminds.org.uk/
https://www.nhs.uk/every-mind-matters/
https://teensleephub.org.uk/
https://www.mind.org.uk/for-young-people/how-to-get-help-and-support/useful-contacts/

AGE 11-19? TEXT YOUR SCHOOL NURSE 07507 332532 For confidential advice and support

kooth

The Connect Team

Connect Mental Health Support Team

We are proud to partner with the Connect Mental Health Support Team, who work across North Tyneside schools to provide early support for pupils with low mood, anxiety and self-esteem concerns.
Further information about this service can be found here - https://www.northtyneside.gov.uk/schools-education-and-childcare/support-schools/connect-mental-health-support-team

Parent/Carer support - https://padlet.com/hiveconnect/secondary-school-parents-i30gprjd5yspmkij
Student support - https://padlet.com/hiveconnect/young-people-resources-to-support-young-people-s-mental-heal-d7btscnchtxsgmh4

North Tyneside Council's Children and Young People's Mental Health and Emotional Wellbeing

https://www.northtyneside.gov.uk/public-health-and-wellbeing/mental-health-and-wellbeing/young-peoples-mental-health

North Tyneside Council

In school support

We have a dedicated pastoral support team in school should your child require help or support. Students should speak to their tutor or Head of Year if they feel they would benefit from this support. They will then be referred to the team through our in-house triage process.