



Gateshead
Children and Young People's
Primary Care Mental Health Service

Do you want to talk about your child's mental health?

Come along and meet us at one of our free drop-in sessions to:

- talk about your child (4-18) and their needs
- get advice and guidance
- receive tips and resources

We talk about different topics each month, but feel free to talk to us about any concerns, such as:

- Worries and anxiety
- Low mood
- Support with sleep
- Phobias
- Behaviour
- Confidence
- Anger
- Stress

We are a team of friendly therapists working with children aged 5-18, and their families.

Our drop-in sessions are all over Gateshead to find out when our next session is visit our website:

www.stsftmentalhealth.nhs.uk or scan the QR code using the camera on your mobile phone.



supporting people, communities and GPs

Service provided by South Tyneside and Sunderland NHS Foundation Trust