

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

'Five ways to Wellbeing'



connect



be active



keep learning



take notice



give

Are you, your child or someone you work with aged between 4-18 years? The Gateshead Children and Young People's Primary Care Mental Health Service are going to be hosting FREE events in your local community during school holidays.

Join us for our next event and meet children's therapists who will be available for advice and support as well as various wellbeing activities for young people. We will be joined by other professionals within the Gateshead area including our adult peer support workers.

A free brunch or snacks and refreshments will be provided, as well as free activities for children and their families such as; crafts, archery, bush craft and managing emotions activities. There will also be 'free' mental health resources to take home.

Upcoming Events:

Wednesday 28th of May – 10:30am until 14:30pm @ The Baltic Centre for Contemporary art, South Shore Road, Gateshead, NE8 3BA

Friday 30th of May – 10:30am – 14:30pm @ Chopwell Woods Forest Classroom, Rowlands Gill, Gateshead, NE39 1LT

Further information on travel to these destinations is available on our website.

If you would like to know more about our mental health services visit 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