

Connect

Mental Health Support Team

The Connect Mental Health Support Team works in partnership with North Tyneside schools to support the emotional wellbeing and mental health of children and young people. We provide low and moderate intensity interventions for pupils experiencing difficulties such as anxiety, low mood and low self-esteem.

Alongside direct work with pupils and families, we support schools to develop a strong whole school approach to mental health and emotional wellbeing, offering guidance, training and consultation to staff. We also work closely with families and other professionals to promote early intervention, build resilience and ensure children and young people receive timely and appropriate support.

Follow us on Instagram: [connect_mhst](#)

[Check out helpful video content via our YouTube playlist](#)

Click or Scan QR below to our link tree for resources on resilience and managing emotional wellbeing and mental health.



We really value feedback from those who have been involved with our team. Please Click or Scan our QR code below to let us know about your experience or help us shape out future service offers.

