



Mental Health Support Team

Is your child struggling with any of these?

Stress

Low confidence

Sleeping

Worries about different things

Changes to routine

Exams

Specific fears

School workload

Changes in mood

Going to school

Managing their emotions

Friendships

Being social

Connect may be able to help! You can:

- Connect with us today.
- Speak to your child's class or form teacher about your concerns.
- Contact your school's Senior Mental Health Lead.



Scan this QR code to find our info on the North Tyneside Council website, our Padlets, and our Instagram page!



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