



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](http://www.stsftmentalhealth.nhs.uk)** or scan the QR code using the camera on your mobile phone.



**supporting people, communities and GPs**

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