

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.

