

You have control over who else is involved in your care and this service observes strict NHS standards of confidentiality. The only time we will inform others without your permission is a potential risk of harm to you or others, including children, or if there has or may have been a crime committed, we are obliged to share this information. If you inform us that you are currently or have in the past been abused or hurt by another person, we may have to share this information to protect others.

HOW DO I GET SUPPORT?

If you are a parent or young person you can speak to your teacher or school staff and they will complete a request for support form on your behalf.

If you want support but do not want to speak to your teachers or school, you or your parents can contact our Single Point of Contact to request a referral form or self-referral telephone appointment. We will book you in to speak to a member of the team who will agree the most suitable service to meet your needs.

Single Point of Contact: Call **0191 2832937**

More info: www.healthymindsteam.co.uk



**HEALTHY
MINDS TEAM**

**WHO WE ARE
AND WHAT WE DO**

WHO ARE THE HEALTHY MINDS TEAM?

The Healthy Minds Team are a service providing a range of emotional, behavioural and psychological programmes to children, young people, and families in South Tyneside. We also offer consultation and training for professionals in South Tyneside.

Our team are qualified mental health professionals employed by South Tyneside and Sunderland NHS Foundation Trust and we work closely with schools and colleges in the local area. We have an allocated mental health worker for each school and college.

Our aim is to offer advice, support and training to prevent mental health difficulties at the earliest opportunity. We work with you to promote resilience and build coping skills.

WHAT WE CAN OFFER YOU?

The Healthy Minds Team provide a free and confidential NHS service for children and young people who attend a school or college in South Tyneside and/or are registered with a local GP to improve mental health outcomes for children and young people.

We offer evidence-based treatments, including individual, group, and family work, for a variety of common mental health issues, these may include:

- Low mood and depression
- Worry and anxiety
- Controlling anger and emotions

- Bereavement/loss
- Bullying
- Self-harming behaviours
- Relationship and family difficulties
- Building self esteem
- Developing resilience

We aim to help children and young people at the earliest possible stage, in order to support children, young people and families to develop skills and promote positive wellbeing and reduce the risk of further distress.

DO MY PARENTS OR CARERS NEED TO KNOW?

If you are aged 12 years or under:

We will link with parents and carers to gain initial consent to provide a service. This does not mean we tell your parents or carers everything you say and there is no requirement for them to be involved in your direct therapy.

If you are aged 16 or under:

You can consent to receiving a service and/or treatment independently if you are assessed as having the ability to understand and appreciate what is involved in the care and treatment being offered.

If you are aged 16-17 years:

You are entitled to consent to your own care and treatment. We do not require contact with your parents or carers.