



Living Well North Tyneside

Supporting Health and Wellbeing

The UK was already struggling to meet demand prior to the pandemic, and COVID-19 has resulted in a significant increase in mental health disorders in children and young people. We are here to help.

Proactive and **preventative** support and intervention from an **early age** is key to prevent mental health problems in later life and results in better outcomes in health, education, employment, education, and relationships.

This is what Mindstars are about.

Mindstars' qualified and motivated team of professionals provide **vital proactive mental health education, support, and advice**, aimed at lowering or removing the barriers that mental health issues create.

Families: We are here for you. From parenting mental health 10-week programmes, and **1-1 sessions**, supporting your children, or providing **emergency food parcels** to **period poverty** support.

Children aged 5-16: We are dedicated to supporting primary school children to gain the skills needed to **avoid** long term mental health problems. From our 10-week mental health intervention programme, **resources**, **social prescribing** and **events**.

Schools: We provide **primary schools** nationwide with **digital mental health workshops** and **printed resources** for a full school wellbeing approach.

We believe NO child should be left until crisis point before accessing support.

We are members of the **Mental Health Alliance**. You can read more about [it here](#).



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Services

Children & Youth Social Prescribing

Parent & Carer 1-1 Support Sessions

Poverty Support Services

School Mental Health Resources

Family Mental Health and Wellbeing Intervention Programme

Food Package For Families

Things to do

No Activities

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