



# Living Well North Tyneside

Supporting Health and Wellbeing

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Together they look at the young person's world, their feelings, vulnerabilities and strengths.

### **I have**

They identify support and resources available to the young person.

### **I want and deserve**

They explore what the young person feels they're missing and what they imagine is possible.

### **I can / I will**

With support, the young person takes concrete steps to overcome feelings of loneliness.

### **Reflecting on learning, creating a plan and managing setbacks**

The young person is supported to develop a plan for the next six to nine months.

### **Endings**

They celebrate the work that's been done and the progress they've made.

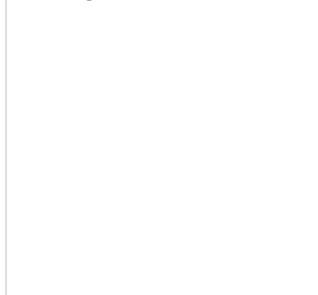
### **How to access the service**

Building Connections is an online service. Young people will need an internet connection and an email address. They should also have access to a quiet and private space to attend sessions with their befriender.

If you know a young person who would benefit from this service, you can make a referral.

For more information, contact us directly at [buildingconnections@nspcc.org.uk](mailto:buildingconnections@nspcc.org.uk).

Building Connections



N/a



[buildingconnections@nspcc.org.uk](mailto:buildingconnections@nspcc.org.uk)



Online service

N/a



<https://learning.nspcc.org.uk/services/building-connections>

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## Services

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No Services

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# Things to do

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No Activities

