

Is your child struggling with any of these?

Stress

Low
confidence

Sleeping

Worries about different things

Changes to
routine

Exams

Specific
fears

School
workload

Changes in
mood

Going to
school

Managing
their emotions

Friendships

Being
social

**Con(nec)t may be able
to help! You can:**

- Connect with us today.
- Speak to your child's class or form teacher about your concerns.
- Contact your school's Senior Mental Health Lead.



Scan this QR code to find our info on
the North Tyneside Council website,
our Padlets, and our Instagram page!