

MANAGE YOUR MENTAL HEALTH

**TO BOOK A SLOT PLEASE
CONTACT TARA ON
0191 4897952.**



**HAVE QUESTIONS? ABOUT
MENTAL HEALTH SERVICES
FOR YOUNG PEOPLE, COME
ALONG AND ASK OUR PANEL
OF EXPERTS ABOUT SERVICES
FROM LIFE CYCLE SERVICE,
PUBLIC HEALTH, CCG, AND
MORE..... HELP INFLUENCE**



**“YOUR QUESTIONS, YOUR
TIME” EVENT
MAY 15TH
2PM - 4PM
@SOUTH TYNESIDE
COLLEGE.**



