



South Tyneside and Sunderland  
Mental Health Support Services

# Introduction to Our Service For Parents/Carers

Find out more about the Mental Health  
Support Services for children and young  
people within South Tyneside and  
Sunderland

Date: 25<sup>th</sup> November 2025

Time: 6 - 6:30pm

Join the Teams meeting here by  
scanning the QR code or clicking the  
link below:



[Click here to join the meeting now](#)

Meeting ID: 311 699 501 934 5



*Please note: For privacy and safeguarding  
reasons (in line with GDPR), we ask that  
parents/carers join as guests, keep microphones  
and cameras off, and do not use the chat  
function during the session.*



helping and supporting you: The Healthy Minds and Healthy Heads Teams  
Service provided by South Tyneside and Sunderland NHS Foundation Trust