

Choose

South Tyneside 
NHS Foundation Trust

Information for Young People

Where we are based

Emotional Wellbeing Team

Grassbanks Sector Base

Grassbanks

GATESHEAD

NE10 8DX

Tel: 0191 283 4560

Monday to Friday 9am - 5pm

Emotional Wellbeing Team Gateshead CAMHS



We are committed to raising the standard of written information for patients, their carers, people who use the NHS and the general public.

This information can be made available in another format or language on request. For further copies of this leaflet please contact on telephone numbers above.

Production date: July 2016
Code: 0716/432

Author: CAMHS Gateshead
Review date: July 2019

Providing a range of NHS services in
Gateshead, South Tyneside and Sunderland.

Do you sometimes struggle with these?

Controlling your anger

Eating

Worries and anxieties

Issues around bullying

Relationship problems

Thoughts about harming yourself

Low mood

Family upset

Loss of someone close to you

Who are we?

We are a team of health professionals who work with children and young people aged between 4 and 18 years old. We may be able to help you with any difficulties you are having with your thoughts, feelings and behaviours.

How can we help?

We can offer you some of the following:-

- Individual sessions – where you and a member of our team will work together to look at the difficulties that you are experiencing
- Sessions with you family or people at school
- Group sessions – where you can meet other young people with similar problems to share thoughts and ideas and support

Where we see you?

We will ask you to come and see us at our Grassbanks base, but we can be flexible if needed.

How to get in contact?

You could either ask your parent or guardian to speak to your teacher, GP or school nurse, or speak to them yourself, and ask them to make a referral to us.

We will always keep what you tell us confidential, unless you tell us we can share it with you parents or teachers. However, there may be some information that we may have to share, if we feel you are in danger or could come to some harm. We will always tell you if we want to share what you have told us.