



Mental Health Support Team - Healthy Heads

Here to support children and young people who are struggling with Mild-Moderate Mental Health Difficulties



Who are we?

The Healthy Heads Team is a Mental Health Support Team based in Sunderland and provided by South Tyneside & Sunderland NHS Foundation Trust. We are a new service working in some schools across Sunderland.

We are a Monday to Friday 9am - 5pm service and work 52 weeks of the year in schools

We offer early intervention to help children, young people and their families who are struggling with mild to moderate anxiety and/or depression

Our team is made up of Education Mental Health Practitioners, who provide a range of emotional, behavioural and psychological support services to children, young people, parents and professionals in Sunderland schools. We can also offer some interventions via the telephone or on teams.

What can we offer?

- 1-1 therapy for Low Mood, Anxiety, Self Esteem and OCD.
- Group Therapy Sessions.
- Whole Class Support sessions.
- Parent Led Cognitive Behaviour Therapy.
- Guided Self Help for Parenting.
- Training and support for school staff

How to get support?

To start the process of requesting support from our service please speak to the Mental Health Lead or a member of staff in your child's school.