

Finding Help

The RISE team works in schools to support young people's emotional and mental wellbeing. There is also excellent support available across Newcastle and Gateshead outside of school.

You can find these at the finding help tab on our website:

www.rise-ne.co.uk/find-help

You can also find useful apps on our website:

www.rise-ne.co.uk/self-help-apps



What to do now

We only work with young people who wish to work with us.

If this is something of interest, please contact the member of staff who shared this leaflet with you.



NGRise@cntw.nhs.uk



@rise.ne



@rise_mhst



www.rise-ne.co.uk

(Or scan the below QR code)



"We rise to great heights by a winding staircase of small steps."

- Rise Team



Who We Are

School is full of positive and negative experiences. Sometimes young people can benefit from some extra support. School life can be especially difficult when you experience added pressures, whether school related or in your personal life. These pressures can impact on your confidence and behaviour.

The RISE Team consists of Educational Mental Health Practitioners (EMHPs) who work with children and young people in schools across Newcastle and Gateshead to help them manage their emotional and mental wellbeing at an early stage. This support can help prevent problems from becoming more serious.

Please find more details on our website.

What we can help with

- Managing emotions
- Feeling low
- Feeling worried or anxious
- Managing anger
- Self-esteem and confidence
- School work pressure, such as exams or assessments
- Transitions

Wellbeing Wednesday

Each week we upload a video to our website (under the Resources tab) focusing on a different area of mental health.

You might find these useful to get more information to think about how you are feeling and access helpful strategies.

What to expect when working with us.

- You may work with us on a one to one basis or in a small group in your school.
- These sessions will last approximately 40 minutes
- You may have some home tasks to practise in between sessions.
- The sessions are led by you, there is no pressure to share something you do not want to.
- Sessions are confidential, meaning we do not share what is said. However, if we feel you or another person mentioned is unsafe then we will have to share this

