



Thrive after Tackling Trauma

Have you lost someone close to you in a way that was really hard?

Our Thrive after Tackling Trauma (or TATT) Service is for those 6 - 24 years of age (24 - 29 years for those leaving care), in the North East and North Cumbria region who are going through a tough time. Across 6-8 sessions we'll help you feel safe and heard, and talk through what happened.

You are not alone. Tyneside and Northumberland Mind help children and young people going through a really sad time because of a sudden, or very upsetting death.

How to get support:

You can get help by reaching out to us. You can also ask your doctor, teacher, someone from child services, or a trusted adult to ask for you.

Reach out today

Email: trauma.support@tynesidemind.org.uk
Phone: 0330 174 3174

Need help? Just scan the QR code to ask for support.



Need us now? Call our Support Line!

We're here with mental health and wellbeing information. Available weekdays 2pm-10pm and weekends 12pm-8pm.

0330 174 3174 / 0191 477 4545

(Calls are charged at a local rate)



Tyneside and
Northumberland



North East and
North Cumbria