



Welcome Back

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We hope you are feeling refreshed after having a well-deserved summer break and ready for the new academic year ahead! We would like to take this opportunity to remind you what the Be You campaign is...

WHAT IS BE YOU?

Be You is a mental health support team based in Northumberland schools. We are a multi-agency team and support children and young people's wellbeing. The team supports young people with the coping and getting help stages of the graduated approach to mental health.

Be You is mainly for children and young people in primary, secondary and further education (ages 5-18) and is delivered within the educational settings in which they learn.

Our overall aims are firstly to teach CYP (children and young people) how to effectively use a combination of self-care and self-help techniques to build resilience and overcome challenges now and in later life and reduce stigma. Secondly, to provide the right support at the right time for CYP, reducing the stigma around mental health by opening conversations at all ages– mental health problems affect 1 in 10 children and 70% of these children do not receive appropriate support at the right age.



ALNWICK AND COQUET

We would like to welcome the Alnwick and Coquet partnership as our new trailblazer area!





WHAT HELP IS AVAILABLE?

Visit our website to view the help available for children and young people, parents and carers, and professionals.

Support for Schools & Children and Young People — [What Help Is Available | NHS Trailblazers \(beyounorthumberland.nhs.uk\)](#)

Support for Professionals — [Professionals | NHS Trailblazers \(beyounorthumberland.nhs.uk\)](#)

Support for Parents and Carers — <https://www.beyounorthumberland.nhs.uk/support/parents-carers-support>

Be you Home About Us News Events Support and Resources Contact Us

We can help you...
Be you

We know how important it is to find solutions together: see the events available for parents/carers and professionals.

Support for Young People Find Help >

Parents and Carers Find Help >

Support for Professionals Find Help >



Northumberland
County Council