



Living Well
North Tyneside
Supporting Health and Wellbeing

Mindstars (NE) CIC

Mindstars (NE) CIC Providing Early Intervention and Proactive Support for Children's Mental Health

Founded in 2020, Mindstars CIC is a North Tyneside-based organisation committed to addressing the mental health crisis facing today's youth. Recent studies show that approximately 1 in 6 children in the UK are likely to experience mental health challenges, with wait times for NHS and CAMHS services reaching up to 2 years. Mindstars seeks to provide proactive and preventative mental healthcare and support to children and families.

Our qualified team takes a holistic approach to mental wellbeing, offering vital early intervention services to avoid long-term issues later in life. For families, we provide **parenting support**, **emergency food parcels**, **period poverty assistance**, and more.

Children aged 6-11 can access our **12-week mental health intervention programme**, **educational resources**, and **community events**. Mindstars also partners with primary schools across the UK to implement comprehensive digital mental health workshops and learning tools.

At Mindstars CIC, **we believe no child should have to reach a crisis point before receiving mental health support.**

Through early and proactive care, we aim to lower barriers created by mental health struggles, improving outcomes in health, education, employment, and relationships. By intervening at key developmental stages, our programs nurture the mental wellbeing of children, setting them up for future success.

Mindstars (NE) CIC



01912575758



info@mindstars.co.uk



Unit 17-18, Albion House
West Percy Street
North Shields
NE29 0DW



www.mindstars.co.uk



@MindstarsCIC



@MindstarsCIC



@mindstarscic



@MindstarsCIC



Last Updated - 13th November 2023

Services

Food Package For Families

Poverty Support Services

School Mental Health Resources

Family Mental Health and Wellbeing Intervention Programme

Events

No Events

Activities

No Activities
