



## Thrive after Tackling Trauma

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

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. Your local Mind helps 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](mailto:trauma.support@tynesidemind.org.uk)

Phone: 0330 174 3174

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



 **Mind**  
Tyneside and  
Northumberland

 **Mind**  
Darlington

  
**North East and  
North Cumbria**