

# RISE are excited to be returning to Gosforth Junior High Academy this term

RISE is a Mental Health Support Team who work in schools and colleges across Newcastle and Gateshead to support children and young people (aged 5-18) with their emotional wellbeing and mental health.

Annie and Gemma are Education Mental Health Practitioners (EMHPs) and will be working in Gosforth Junior High Academy on Wednesdays this term to deliver a range of mental health sessions and workshops with children, staff, parents and carers.

**Dates for upcoming Parent and Carer workshops in school**  
**The Teenage Brain workshop -**  
**Wednesday 16th October 3:30-4:30pm**



**Emotional Regulation Workshop -**

**Back by popular demand, we will be repeating this workshop for those who were not able to attend the session in the summer term**  
**Wednesday 23rd October 3:30 - 4:30pm**

For more information about RISE please visit our website, You Tube channel and social media platforms:



@rise.ne



@rise\_mhst



[www.youtube.com  
/@rise-ne](http://www.youtube.com/@rise-ne)



<https://rise.childrensociety.org.uk/>