

South Tyneside Mental Health Champions Pledge

Our mental health trailblazer is Mr D Gray

The Beacon Centre is committed to ensuring we do everything in our power to promote good mental health to all of our students and staff. All staff have been trained in Mental Health First Aid and as an organisation subscribe to the following pledge:

We pledge to be understanding and sensitive....

We pledge to prioritise your needs where possible...

We pledge to act as an advocate if you have had an unpleasant experience with/at a health appointment of with a member of staff...

We pledge to listen...

We pledge to do what we say we are going to do...

We pledge not to judge...

We pledge not to inform anyone you don't want us to unless it's serious...

We pledge to support young people in their decisions...

We pledge to signpost to other services if needed...

We pledge to not impose our own views...

We pledge to show empathy...

We pledge not to look down on you...

We pledge to be approachable...

We pledge to make time for you...

We pledge to take you seriously...

We pledge not to pressure you for answers...