

ARE YOU FEELING GOOD... MENTALLY?



Be active



Eat Healthy



Sleep well



Keep Learning



Stay safe



Talk and listen, be
there, feel connected



Ask for help if
you need it



South Tyneside Council

What to do next:

If you need more information please speak
to your tutor or call **0800 073 1772** or email
skills.learnerenquiries@southtyneside.gov.uk