

# Family Mental Fitness North East

## Mission & Vision Statement



### Our Mission

At Family Mental Fitness North East (FMFNE), we believe every child and family has the potential to shine. We are here to help that light grow brighter by offering timely, accessible, and empowering wellbeing support.

### Our Vision

A North East community where children and families have the tools, confidence, and opportunities to thrive emotionally, socially, and mentally — free from unnecessary barriers, stigma, and delay.



Support, Helping hands, Inclusive collaboration,  
Nurturing creativity, Empowering change  
all rooted in the heart of the North East.

