



# Mental Health & Emotional Support

for **children, young people & families** in County Durham

This is a **great starting point** to help you **access support**



## Local Support

**One Point | 03000 261 111 | [www.durham.gov.uk/OnePoint](http://www.durham.gov.uk/OnePoint)**

Advice and practical support across all aspects of family life

**Education & SEND Support | [www.countydurhamfamilies.info](http://www.countydurhamfamilies.info)**

Support for children with special educational needs or disabilities

**Humankind | 01325 731 160 | [www.humankindcharity.org.uk](http://www.humankindcharity.org.uk)**

Health and wellbeing support for LGBT young people aged 15-24 years

**Investing in Children | [www.investinginchildren.net](http://www.investinginchildren.net)**

A children's rights organisation, creating spaces to be heard

**Rollercoaster Parent Support | 07415 380 040**

Helping parents to support children with mental health issues

**DurhamWorks | 03000 262 930 | [www.durhamworks.info](http://www.durhamworks.info)**

Supporting 16-24 year olds not in education, employment or training

**Recovery College Online | [www.recoverycollegeonline.co.uk](http://www.recoverycollegeonline.co.uk)**

Educational resources for people experiencing mental issues

**County Durham Together Hub | 03000 260 260**

Help when self-isolating/how to volunteer

**[www.durham.gov.uk/covid19help](http://www.durham.gov.uk/covid19help)**

**Children's Social Care First Contact**

Report a concern about a child's welfare

**[www.durham.gov.uk/FirstContact](http://www.durham.gov.uk/FirstContact)**

**CAMHS - Single Point of Access | 03001 239 296**

Community mental health teams for children

**[www.tewv.nhs.uk](http://www.tewv.nhs.uk)**

**TEWV Crisis line | 0800 0516 171 | [www.tewv.nhs.uk](http://www.tewv.nhs.uk)**

24 hour service for young people experiencing a mental health crisis



# National Support

**KOOTH** | [www.kooth.com](http://www.kooth.com)

Free, safe, anonymous online support for young people aged 11+

**Anna Freud Centre for Children and Families** | [www.annafreud.org](http://www.annafreud.org)

Self-care to look after our own mental health

**Charlie Waller Memorial Trust** | [www.cwmt.org.uk](http://www.cwmt.org.uk)

Resources for schools and families

**Childline** | [www.childline.org.uk](http://www.childline.org.uk)

A free, private and confidential service where children can talk about anything

**Headspace** | [www.headspace.com](http://www.headspace.com)

Free tools around mindfulness and meditation

**NHS Every Mind Matters** | [www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)

Resources to support children and young people's mental health

**MindEd** | [www.mindedforfamilies.org.uk](http://www.mindedforfamilies.org.uk)

Safe and reliable advice about young people's mental health

**Young Minds** | [www.youngminds.org.uk](http://www.youngminds.org.uk)

Support for mental health during the pandemic

**NHS 111** | [www.nhs.uk](http://www.nhs.uk)

Get medical help near you

Remember your **local school** and **GPs** are **available to help**.

**You** are **not alone**, we can get through this **together**.



**County Durham**

Clinical Commissioning Group

**Tees, Esk and Wear Valleys**

NHS Foundation Trust



County Durham  
**Care Partnership** 

