



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

KOOTH | www.kooth.com

Free, safe and anonymous support around mental wellbeing for 11 years +

One Point | 03000 261 111 | www.durham.gov.uk/helpforfamilies

Advice and practical support across all aspects of family life

Emotional Health & Resilience Team | 03000 263 532

Emotional health, advice and guidance for 5 – 19 years

Education & SEND Support | www.countydurhamfamilies.info

Support for children with special educational needs or disabilities

Investing in Children | 0191 3077030 | www.investinginchildren.net

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

Humankind | 01325 731 160 | www.humankindcharity.org.uk

Health and wellbeing support LGBTQ young people aged 15-24 years

DurhamWorks | 03000 262 930 | www.durhamworks.info

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

Recovery College Online | www.recoverycollegeonline.co.uk

Educational courses and resources to support mental health and wellbeing

Children's Social Care First Contact | 03000 267 979

www.durham.gov.uk/FirstContact

Report a concern about a child's welfare

CAMHS - Single Point of Access | 03001 239 296 | www.tewv.nhs.uk

Community mental health teams for children

TEWV Crisis line | 0800 0516 171 | www.tewv.nhs.uk

24-hour service for young people experiencing a mental health crisis



National Support

Anna Freud Centre for Children and Families | www.annafreud.org

Self-care to look after our own mental health

Charlie Waller Memorial Trust | www.cwmt.org.uk

Resources for schools and families

Childline | 0800 1111 | www.childline.org.uk

Confidential telephone counselling service for any child with a problem

Headspace | www.headspace.com

Free tools around mindfulness and meditation

NHS Better Health Every Mind Matters

Resources to support children and young people's mental health

www.nhs.uk/oneyou/every-mind-matters

MindEd | www.mindedforfamilies.org.uk

Safe and reliable advice about young people's mental health

Young Minds | 0808 802 5544 | www.youngminds.org.uk

Helping young people around isolation and gaining support around mental health

The Mix | 0808 808 4994 | www.themix.org.uk

Free, confidential support for under 25 via online, social or mobile

BEAT Youthline | 0808 801 0711 | www.beateatingdisorders.org.uk

Provides support for children and young people with an eating disorder

NHS 111 | www.nhs.uk

Get medical help near you or advice on your nearest walk-in centres

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



Durham
County Council

