



# 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

Advice and practical support across all aspects of family life



**03000 261 111**



### Education & SEND Support

Support for children with special educational needs or disabilities



### Humankind

Health and wellbeing support for LGBT young people (15-24yrs)



**01325 731 160**



### Investing in Children

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



### Rollercoaster Parent Support

Helping parents to support children with mental health issues



**07415 380 040**



### DurhamWorks

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



**03000 262 930**



### Recovery College Online

Educational resources for people experiencing mental illness



### County Durham Together Hub

Help when self-isolating/how to volunteer



**03000 260 260**



### Children's Social Care First Contact

Report a concern about a child's welfare



**03000 267 979**



### CAMHS - Single Point of Access

Community mental health teams for children



**03001 239 296**



### CAMHS Crisis Team

24/7 service for young people experiencing a mental health crisis

**0191 441 5733**



## National Support



### KOOTH

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



### Anna Freud Centre for Children and Families

Self-care to look after our own mental health



### Charlie Waller Memorial Trust

Resources for schools and families



### Childline

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



### Headspace

Free tools around mindfulness and meditation



### Public Health England

Guidance on health and wellbeing aspects of coronavirus



### MindEd

Safe and reliable advice about young people's mental health



### Young Minds

Support for mental health during the pandemic



### NHS

Get medical help near you



**111**

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

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

County Durham  
**Care Partnership** 

**NHS**  
County Durham  
Clinical Commissioning Group

Tees, Esk and Wear Valleys **NHS**  
NHS Foundation Trust

