



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

Advice and practical support across all aspects of family life

Education & SEND Support | www.countydurhamfamilies.info

Support for children with special educational needs or disabilities

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

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

Investing in Children | 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

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

Recovery College Online | 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

Children's Social Care First Contact

Report a concern about a child's welfare

www.durham.gov.uk/FirstContact

CAMHS - Single Point of Access | 03001 239 296

Community mental health teams for children

www.tewv.nhs.uk

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

24 hour service for young people experiencing a mental health crisis



National Support

KOOTH | www.kooth.com

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

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 | www.childline.org.uk

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

Headspace | www.headspace.com

Free tools around mindfulness and meditation

NHS Every Mind Matters | www.nhs.uk/oneyou/every-mind-matters

Resources to support children and young people's mental health

MindEd | www.mindedforfamilies.org.uk

Safe and reliable advice about young people's mental health

Young Minds | www.youngminds.org.uk

Support for mental health during the pandemic

NHS 111 | 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 

