



## Helpful Links for a Safe Summer in Darlington

- **Kooth**

Kooth offers free, safe and anonymous access to online wellbeing support and advice for children and young people aged 11 to 18 across Durham & Tees Valley. The registration process is quick, anonymous and safe. Using non-identifiable information, Children and Young People can access support, simply by registering at [www.kooth.com](http://www.kooth.com).

With no thresholds, waiting lists or referrals required, young people can access support for ANY issues they may be experiencing. These may include; body image, self-esteem, bereavement, academic pressures, anger, anxiety, suicidal thoughts, self-harm, friendships, sexuality, transition from primary to secondary school etc.

Kooth's BACP (British Association for Counselling & Psychotherapy) qualified therapists are online 365 days a year. Monday to Friday, from midday until 10pm and on weekends, 6pm until 10pm. Users can also message the team 24 hours a day and receive a next day response.

Young people can access fully-moderated support forums, self-help tools, and online magazine articles (written by our professional team and other users across the UK) covering topics ranging from health and wellbeing, sport, technology, fashion etc. alongside social, emotional and wellbeing support. Everything on [www.Kooth.com](http://www.Kooth.com) is pre-moderated before going 'live' on the site, allowing for young people to offer and receive peer support in a safe and secure online environment.

Kooth delivers 1000's of online wellbeing sessions each year in Local Authorities across the UK. As 50% of referrals to CAMHS are unfortunately deemed inappropriate to their criteria, Kooth gives schools, professionals and families an alternative way of ensuring children and young people can access free support when they need it, in a way that they find comfortable to access, via any web-enabled devices.

- **NHS Parent and Carer Support Group in County Durham and Darlington**

If you care for a child or young person with emotional or mental health difficulties, why not come along to one of our friendly support groups.

Acley Centre, Carers Way, Newton Aycliffe, DL5 4PE: 6pm – 8pm 17 July 21 August 3 So  
Why not pop along, a warm welcome awaits you.

Mulberry Centre, Rowan Building, Darlington memorial Hospital, DL3 6HX: 10am -12 noon 6 August, 3 September.

There's no need to book. If you have any questions, email the team at [TEWV.waves@nhs.net](mailto:TEWV.waves@nhs.net). All groups are led by a friendly parent peer practitioner and supported by a CAMHS mental health nurse.

- **Darlington Connect** – leaflet attached.

Darlington Connect is there to help people to connect with organisations who support with issues such as: mental health, health and wellbeing, finance, accessibility, recreation, poverty, food/clothing etc. It is a single point of contact for people to access the help they require. Darlington Connect is a warm and welcoming space. Information, advice and guidance can be given on a drop-in basis or via a 1-1 appointment. For more information Call: 01325 639507 Or Drop-in, no appointment necessary

- **Citizens advice** - <https://www.citizensadvice.org.uk/>

Free independent and impartial advice around issues that impact individuals:

- Financial advice. Support and guidance.
- Benefit entitlement
- Hate crime reporting
- 50+ advocacy service

- **Foodbanks** -

Full list of all Darlington foodbanks can be found on the citizens advice page: <https://www.citizensadvice.org.uk/food-banks>

- **Mental health support:**

- Camhs crisis teams - 0800 0516 171 (24 hours a day, 7 days a week) – **To call in emergency/crisis only.**
- Shout 85258 – Children can text the word shout to the number 84258 to speak to a counsellor via text. Available 24 hours a day 7 days a week. <https://giveusashout.org/get-help/>
- [Kooth.com](https://www.kooth.com/) – online support. <https://www.kooth.com/>
- Darlington Mind - <https://www.darlingtonmind.com/>

- **Bereavement**

Darlington Mind website also has a dedicated page for bereavement support services available: <https://www.mind.org.uk/information-support/guides-to-support-and-services/bereavement/support-and-self-care/#SupportForBereavement>

- **Carmel's Six Stops for a Safer Summer**

[https://files.schudio.com/carmel-college/files/Links/6 Stops to a Safe 6 Weeks Holidays.pdf](https://files.schudio.com/carmel-college/files/Links/6%20Stops%20to%20a%20Safe%206%20Weeks%20Holidays.pdf)

- Online Safety Tips for Parents and Carers

A number of short videos supporting online safety, for example, setting up parental controls on an iPhone and setting up Snapchat privacy.

<https://www.knowsleyclcs.org.uk/online-safety-videos/>

- **Mental Health Support Team - Newsletter**

[https://files.schudio.com/carmel-college/files/Links/MHST Darlington Newsletter July 2024.pdf](https://files.schudio.com/carmel-college/files/Links/MHST%20Darlington%20Newsletter%20July%202024.pdf)

