

# Newsletter

Mental Health Support Team (MHST)  
Darlington



Tees, Esk and Wear Valleys  
NHS Foundation Trust

January 2024

## MHST – What do we do?

Our team provides early mental health interventions for years 4 to 8 within schools. We also work with school staff to build a whole school approach to mental health and act as a link between schools and local mental health services offering advice, support, and signposting information.

Please contact your school's mental health lead for more details or call us on 07500 799524 or email [tewv.mhstdarlington@nhs.net](mailto:tewv.mhstdarlington@nhs.net)



## CAMHS Training Sessions for Parents/Carers and Professionals

The TEWV Child and Adolescent Mental Health Services (CAMHS) service in County Durham and Darlington offers free online training for parents/carers of children and young people aged 0 to 25 years of age.

The training sessions deliver enhanced awareness of the chosen topic and help explore and identify mental health concerns that may present within children and young people. For more information and to book please see <https://www.tewv.nhs.uk/get-involved/training/camhs-county-durham/>

*Please note these sessions are for parents/carers only. If you work with children and families and wish to access training, please book on the sessions in the portfolio on the website above. Thank you.*

## Healthier Together

Healthier Together is a free website and app developed by local healthcare professionals to help parents keep their children safe and healthy.

Find out more information online at [www.nenc-healthiertogether.nhs.uk](http://www.nenc-healthiertogether.nhs.uk)

Download the free app 'Healthier Together'



Scan the QR code  
with a smart phone  
to view the website



## Samaritans Brew Monday – 15<sup>th</sup> January 2024

On Brew Monday, 15th January, Samaritans is reminding everyone to reach out for a cuppa and a catch-up with the people you care about.



Why 'Brew Monday'?

The third Monday in January is sometimes referred to as 'the most difficult day of the year' but this is a myth. At Samaritans we know there's no such thing as 'Blue Monday' – we all have our good days and our bad days, and those aren't for the calendar to decide.

So we say it's time to stop this myth about Monday being 'blue' and instead start a conversation over a brew! Reach out and connect with family, friends, colleagues and loved ones.

Any day can be a Brew Monday. It doesn't matter if it's a Monday morning or Saturday night, or if you're drinking green tea, black coffee or orange juice. If you're sharing a cuppa and listening, you're doing it right. For more details go to: <https://www.samaritans.org/support-us/campaign/brew-monday/downloadable-resources/>

## Parent Mental Health Day – 27<sup>th</sup> January 2024

This year's Parent Mental Health Day is focusing on Creating Positive Relationships. If you are a parent/carer whose relationships have flatlined, or just want to keep building on the great relationships you have, stem4 has created a booster pack to get your relationships (family, children, or even work colleagues) to keep surging on. Visit the <https://stem4.org.uk/parentmentalhealthday/> for further information and to book on the free webinar on 25<sup>th</sup> January at 7pm.

## Children's Mental Health Awareness Week – 5<sup>th</sup> to 11<sup>th</sup> February 2024



Children's Mental Health Awareness Week will take place from 5<sup>th</sup> to 11<sup>th</sup> February 2024, with the theme of My Voice Matters.

We would encourage schools and families to utilise some of the resources <https://www.childrensmentalhealthweek.org.uk/about/#about>. The team will also be available to deliver assemblies and workshops in schools during this week. Please contact us on 07500 799524.

## Useful Websites and Contacts



- Crisis Team - Tees Esk and Wear Valley**  
 The Crisis Team service is available in a mental health emergency 24/7 for people and carers and can be accessed by calling 0800 0516171
- Cruse Bereavement Care**  
[www.cruse.org.uk](http://www.cruse.org.uk)  
 Helping people through one of the most painful times in life – with bereavement support, information, and campaigning
- Darlington Children's Front Door**  
<https://www.darlington.gov.uk/education-and-learning/childrens-social-care/>  
 If there is a concern about a child or young person, Children's Front Door can be contacted via telephone: 01325 406222 or email: [childrensfrontdoor@darlington.gov.uk](mailto:childrensfrontdoor@darlington.gov.uk)
- Darlington Assistance for Refugees**  
<https://www.darlingtonrefugees.org/>  
 Support and advice for asylum seekers and refugees
- Darlington Association on Disability (DAD)**  
<https://www.darlingtondisability.org/>  
 Support for people with disabilities and autism through the provision of services, support, and information
- Daisy Chain**  
<https://www.daisychainproject.co.uk/>  
 Supporting and empowering autistic and neurodivergent individuals through the provision of holistic person-centred services
- Darlington Mind**  
<https://www.darlingtonmind.com/support-for-children-young-people>  
 A range of services for children and young people aged between 11 and 18 whenever a bit of extra support is needed
- Darlington Parent Carer Forum**  
<https://www.facebook.com/TogetherforBetterDarlington/>  
 The Darlington Parent Carer Forum is a parent-led forum for parent and carers of Special Educational Needs (SEN) and disabled children and young people
- Darlington Young Carers (Humankind)**  
[www.humankindcharity.org.uk/darlington-young-carers-service](http://www.humankindcharity.org.uk/darlington-young-carers-service)  
 Support for young carers aged 5 to 25
- Durham and Darlington Talking Therapies**  
<https://durhamanddarlingtontalkingtherapies.org.uk>  
 A self-help, counselling and talking therapies service for ages over 16 designed to help with common mental health problems
- First Stop Darlington**  
[www.facebook.com/FirstStopDarlington](http://www.facebook.com/FirstStopDarlington)  
 Information, advice, guidance, and support to people who are experiencing difficulties in their lives that may make them vulnerable to a range of outcomes



- **Growing Healthy Darlington**  
<https://www.hdft.nhs.uk/services/childrens-services/growing-healthy-darlington>  
Promoting and protecting the health and wellbeing of all children & young people aged 5 to 19
- **Harbour Support Services**  
[www.myharbour.org.uk](http://www.myharbour.org.uk)  
Harbour works with families and individuals who are affected by abuse from a partner, former partner, or other family member
- **Healthwatch Darlington**  
<https://www.healthwatchdarlington.co.uk/young-people>  
Information for residents who use local health and social care services
- **Kooth**  
[www.kooth.com](http://www.kooth.com)  
Kooth is a digital free, safe, confidential, and non-stigmatised way for young people aged 11 to 18 years to receive counselling, advice and support on-line
- **Little Treasures**  
<https://www.littletreasures.website>  
Supporting autistic adults and children by providing support and practical advice to parents/carers
- **Listening Post**  
<https://dacym.co.uk/listening-post/>  
A listening and mentoring project seeking to help young people with low level mental health and wellbeing issues
- **MindEd**  
<https://www.minded.org.uk/>  
A free educational resource on children, young people, adults, and older people's mental health
- **Recovery College**  
[www.recoverycollegeonline.co.uk/young-people](http://www.recoverycollegeonline.co.uk/young-people)  
Provides a range of online educational courses and resources for people struggling with mental health
- **Relate North-East**  
<https://www.relate.org.uk/get-help>  
Relate has blogs, resources, books, and self-help tools for just about every relationship problem out there
- **Special Educational Needs and Disabilities Service (SENDIASS)**  
<https://www.darlington.gov.uk/education-and-learning/darlington-special-educational-needs-service/information-advice-and-support-service>  
Supporting parents and carers of children who have or may have special educational needs
- **Shout 85258**  
<https://giveusashout.org/>  
A free, confidential, anonymous text support service that can be texted from wherever you are in the UK. If you are struggling to cope and need to talk, trained volunteers are there, day or night
- **Tees Valley Sleep Service**  
<https://teesvalleysleepservice.co.uk/>  
Telephone support & resources, sleep workshops and 1:1 sleep assessments for ages 2½ to 18 years with an additional health or development need
- **Young Minds**  
<https://www.youngminds.org.uk>  
Provides young people with tools to look after their mental health with a website full of advice