

Growing Healthy 0-25

County Durham

EMOTIONAL HEALTH & RESILIENCE TEAM

County Durham 0-25 service Harrogate & District NHS Foundation Trust

OUR TEAM

Emotional Health and Resilience Nurses/Practitioners

 Children's Wellbeing Practitioners

Staff Nurses

Emotional Health Practitioners



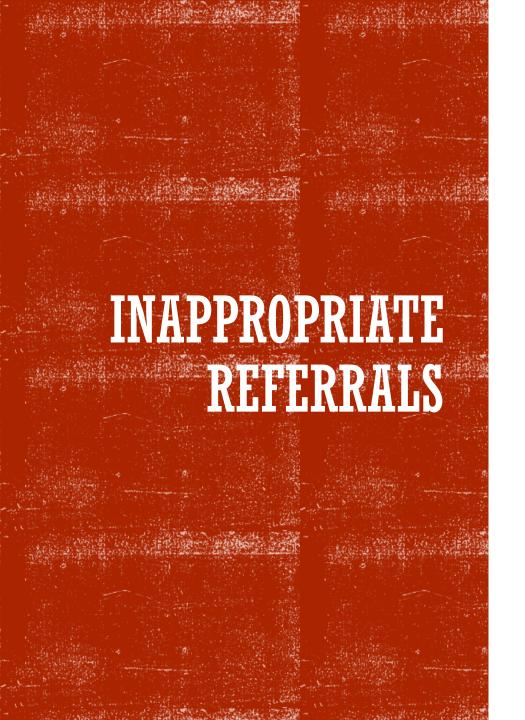
- The EHRT work with children, young people and families who may require low-level short-term support with a newly emerging emotional health issues. We provide a range of strategies and interventions to support children and young people to manage their emotions.
- Primary Schools small targeted group intervention, one to ones, Decider Skills, Parent Led CBT, and assemblies.
- Secondary Schools one to ones, YAM, and assemblies.
- Our aim is to raise awareness of emotional health and resilience, reduce stigma associated with mental health, and provide support to children and young people struggling with a low-level emotional difficulty.





- Anxiety / Worry
- Self-esteem
- Low Mood
- Friendship / relationship issues
- Anger
- Emotional Regulation
- Stress
- Resilience Building
- Bullying
- Transition
- Advice & Guidance via Duty Line
- Signposting





- Referrals requesting behaviour support.
- Children and young people who are already receiving therapeutic intervention from another professional or service: *For example, school counsellor or CAMHS.*
- Referrals that are complex or trauma related requiring more moderate level or specialist assessment.
- Children and young people that are in mental health crisis.
- Referrals that require specialist service intervention or long- term support.





You can contact our duty line between 9am - 5pm Monday to Friday

For advice, guidance, and signposting to other services if required

${\rm Tel:}~03000~263532$

Referrals submitted to:

hdft.0-25ehrt@nhs.net

KOOTH | www.kooth.com

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

Family Hubs | 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 | <u>www.countydurhamfamilies.info</u> 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 | 03001239296 | www.tewv.nhs.uk Community mental health teams for children (0 – 18 years)

 TEWV Crisis line
 111
 Option 2
 | www.tewv.nhs.uk

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



National Support

Anna Freud Centre for Children and Families | <u>www.annafreud.org</u> 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 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 | 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**.



