



Harrogate and District **NHS**  
NHS Foundation Trust

# 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**





# OUR OFFER

- 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.



# EXAMPLES OF SUPPORT WE OFFER

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



# INAPPROPRIATE REFERRALS

- 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.







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

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

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**Tel: 03000 263532**

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**Referrals submitted to:**

**[hdft.0-25ehrt@nhs.net](mailto:hdft.0-25ehrt@nhs.net)**

**KOOTH** | [www.kooth.com](http://www.kooth.com)

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

**Family Hubs** | 03000 261 111 | [www.durham.gov.uk/helpforfamilies](http://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** | [www.countydurhamfamilies.info](http://www.countydurhamfamilies.info)

Support for children with special educational needs or disabilities

**Investing in Children** | 0191 3077030 | [www.investinginchildren.net](http://www.investinginchildren.net)

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

**Humankind** | 01325 731 160 | [www.humankindcharity.org.uk](http://www.humankindcharity.org.uk)

Health and wellbeing support LGBTQ young people aged 15-24 years

**DurhamWorks** | 03000 262 930 | [www.durhamworks.info](http://www.durhamworks.info)

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

**Recovery College Online** | [www.recoverycollegeonline.co.uk](http://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](http://www.durham.gov.uk/FirstContact)

Report a concern about a child's welfare

**CAMHS - Single Point of Access** | 03001 239 296 | [www.tewv.nhs.uk](http://www.tewv.nhs.uk)

Community mental health teams for children (0 – 18 years)

**TEWV Crisis line** **111 Option 2** | [www.tewv.nhs.uk](http://www.tewv.nhs.uk)

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



## National Support

**Anna Freud Centre for Children and Families** | [www.annafreud.org](http://www.annafreud.org)

Self-care to look after our own mental health

**Charlie Waller Memorial Trust** | [www.cwmt.org.uk](http://www.cwmt.org.uk)

Resources for schools and families

**Childline** | 0800 1111 | [www.childline.org.uk](http://www.childline.org.uk)

Confidential telephone counselling service for any child with a problem

**Headspace** | [www.headspace.com](http://www.headspace.com)

Free tools around mindfulness and meditation

**NHS Better Health Every Mind Matters**

[www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)

Resources to support children and young people's mental health

**MindEd** | [www.mindedforfamilies.org.uk](http://www.mindedforfamilies.org.uk)

Safe and reliable advice about young people's mental health

**Young Minds** | 0808 802 5544 | [www.youngminds.org.uk](http://www.youngminds.org.uk)

Helping young people around isolation and gaining support around mental health

**The Mix** | 0808 808 4994 | [www.themix.org.uk](http://www.themix.org.uk)

Free, confidential support for under 25 via online, social or mobile

**BEAT Youthline** | 0808 801 0711 | [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

Provides support for children and young people with an eating disorder

**NHS 111** | [www.nhs.uk](http://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**.

**THANK YOU** 😊

