



# 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

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

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

**One Point | 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

**TEWV Crisis line | 0800 0516 171 | [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**

Resources to support children and young people's mental health

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

**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**.



**County Durham**

Clinical Commissioning Group

**Tees, Esk and Wear Valleys**

NHS Foundation Trust



County Durham

**Care Partnership**



**Durham**  
County Council

