

This is a great starting point to help you access support

## Local Support

One Point | 03000 261 111 | www.durham.gov.uk/OnePoint Advice and practical support across all aspects of family life

Education & SEND Support | www.countydurhamfamilies.info Support for children with special educational needs or disabilities

Humankind | 01325 731 160 | www.humankindcharity.org.uk Health and wellbeing support for LGBT young people (15-24 years)

Investing in Children | www.investinginchildren.net A children's rights organisation, creating spaces to be heard

Rollercoaster Parent Support | 07377 213 952 Helping parents to support children (0 – 25 years) with emotional or mental health issues www.rollercoasterfamilysupport.co.uk

**DurhamWorks | 03000 262 930 | <u>www.durhamworks.info</u> Supporting 16-24 year olds not in education, employment or training** 

**Recovery College Online | www.recoverycollegeonline.co.uk** Educational resources for people experiencing mental issues

County Durham Together Hub | 03000 260 260 Support when self-isolating, directory of help and how to volunteer www.durham.gov.uk/covid19help

Children's Social Care First Contact | 03000 267 979 Report a concern about a child's welfare www.durham.gov.uk/FirstContact

**CAMHS - Single Point of Access | 03001239296** Community mental health teams for children (0 – 18 years) **www.tewv.nhs.uk**  **TEWV Crisis line** | **0800 0516 171** | <u>www.tewv.nhs.uk</u> 24 hour service for young people experiencing a mental health crisis

Durham SEND Information Advice and Support | 0191 587 3541 Provides information and advice to parents/carers of children with SEND www.durhamsendiass.info

**Emotional Health & Resilience Team | 03000 263 532** Emotional health, advice and guidance for 5 – 19 years

County Durham Cree Network | Website Coming Soon! Support and promote health & wellbeing as part of voluntary sector

Hub of Hope | <u>www.hubofhope.co.uk</u> UK mental health support database (with local options)



National Support

**KOOTH | www.kooth.com** Free, safe and anonymous support around mental wellbeing for 11 years +

Anna Freud Centre for Children and Families Empowering young people to make informed choices about their mental wellbeing www.annafreud.org/on-my-mind

Charlie Waller Memorial Trust | www.cwmt.org.uk Education resources for young people (16+), families and schools on mental wellbeing

Headspace | <u>www.headspace.com</u> Free tools around mindfulness, meditation, routine and sleep

**NHS Every Mind Matters** | <u>www.nhs.uk/oneyou/every-mind-matters</u> 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 NHS 111 | www.nhs.uk Get medical help near you

**The Mix | 0808 808 4994 | www.themix.org.uk** Free, confidential support for under 25 via online, social or mobile

PAPYRUS | 0800 068 4141 | www.papyrus-uk.org Confidential support and advice for young people with thoughts of suicide

**Mermaids | 0808 801 0400** Supports transgender, nonbinary and gender diverse youth from 18 – 25 years **www.mermaidsuk.org.uk** 

Hope Again | 0808 808 1677 | www.hopeagain.org.uk Safe place to learn from other young people how to cope with grief and feel less alone

Student Space | Text STUDENT to 85258 Support for whatever challenge you're facing regarding mental wellbeing between 18 – 21 years www.studentspace.org.uk

**BEAT Youthline** | 0808 801 0711 | <u>www.beateatingdisorders.org.uk</u> Provides support for children and young people with an eating disorder

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





