



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

One Point | 03000 261 111

Advice and practical support across all aspects of family life
www.durham.gov.uk/OnePoint

Education & SEND Support

Support for children with special educational needs or disabilities
www.countydurhamfamilies.info

Humankind | 01325 731 160

Health and wellbeing support for LGBT young people (15-24yrs)
www.humankindcharity.org.uk

Investing in Children

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

Rollercoaster Parent Support

07415 380 040
Helping parents to support children with mental health issues

DurhamWorks | 03000 262 930

Supporting 16-24 year olds not in education, employment or training
www.durhamworks.info

Recovery College Online

Educational resources for people experiencing mental illness
www.recoverycollegeonline.co.uk

County Durham Together Hub

Help when self-isolating/how to volunteer
www.durham.gov.uk/covid19help

03000 260 260

Children's Social Care First Contact

Report a concern about a child's welfare
www.durham.gov.uk/FirstContact

03000 267 979

CAMHS - Single Point of Access

Community mental health teams for children
www.tewv.nhs.uk

03001 239 296

TEWV Crisis line | 0800 0516 171

24 hour service for young people experiencing a mental health crisis
www.tewv.nhs.uk



National Support

KOOTH

Free, safe, anonymous online support for young people aged 11+
www.kooth.com

Anna Freud Centre for Children and Families

Self-care to look after our own mental health
www.annafreud.org

Charlie Waller Memorial Trust

Resources for schools and families
www.cwmt.org.uk

Childline | www.childline.org.uk

A free, private and confidential service where children can talk about anything

Headspace

Free tools around mindfulness and meditation
www.headspace.com

Public Health England

Guidance on health and wellbeing aspects of coronavirus
www.gov.uk

MindEd

Safe and reliable advice about young people's mental health
www.mindedforfamilies.org.uk

Young Minds

Support for mental health during the pandemic
www.youngminds.org.uk

NHS | 111

Get medical help near you
www.nhs.uk

Remember your **local school** and **GPs** are **available to help**.

You are **not alone**, we can get through this **together**.