



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
Advice and practical support across all aspects of family life
☎ 03000 261 111

Education & SEND Support
Support for children with special educational needs or disabilities

Humankind
Health and wellbeing support for LGBT young people (15-24 yrs)
☎ 01325 731 160

Investing in Children
A children's rights organisation creating spaces to be heard

Rollercoaster Parent Support
Helping parents to support children with mental health issues
☎ 07415 380 040

DurhamWorks
Supporting 16-24 year olds not in education, employment or training
☎ 03000 262 930

Recovery College Online
Educational resources for people experiencing mental illness

County Durham Together Hub
Help when you're struggling to volunteer
☎ 03000 260 260

Children's Social Care First Contact
Report a concern about a child's welfare
☎ 03000 267 979

CAMHS - Single Point of Access
Community mental health teams for children
☎ 03001 239 296

CAMHS Crisis Team
24/7 service for young people experiencing a mental health crisis
☎ 0191 441 5733



National Support

KOOTH
Free, safe, anonymous online support for young people aged 11+

Anna Freud Centre for Children and Families
Self-care to look after your mental health

Charlie Waller Memorial Trust
Resources for schools and families

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

Headspace
Free tools around loneliness and isolation

Public Health England
Guidance on health and wellbeing aspects of consents

MindEd
Safe and reliable advice about young people's mental health

Young Minds
Support for mental health during the pandemic

NHS
Get medical help near you
☎ 111

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

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

County Durham
Care Partnership

NHS
County Durham
Clinical Commissioning Group

Tees, Esk and Wear Valleys
NHS Foundation Trust

Durham
County Council