



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 | 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 | www.durhamworks.info

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 | 03001 239 296

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

www.tewv.nhs.uk

TEWV Crisis line | 0800 0516 171 | www.tewv.nhs.uk

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 | www.hubofhope.co.uk

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 | www.headspace.com

Free tools around mindfulness, meditation, routine and sleep

NHS Every Mind Matters | www.nhs.uk/oneyou/every-mind-matters

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 well-being between 18 – 21 years
www.studentspace.org.uk

BEAT Youthline | 0808 801 0711 | www.beateatingdisorders.org.uk
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**.

NHS
County Durham
Clinical Commissioning Group

Tees, Esk and Wear Valleys **NHS**
NHS Foundation Trust

County Durham
Care Partnership 

