



Mental Health & Emotional Support

for **children, young people & families** in County Durham

This is a **great starting point** to help you **access support**

If **Christmas is a hard time** for you, it's important to **remember that you are not alone.**



KOOTH | www.kooth.com

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

CAMHS - Single Point of Access | 03001 239 296 www.tewv.nhs.uk

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

Emotional Health & Resilience Team | 03000 263 532

Emotional health, advice and guidance for 5-19 years

NHS 111 | www.nhs.uk

Get medical help near you or advice on your nearest walk-in centres

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

24 hour service for young people experiencing a mental health crisis

Children's Social Care First Contact 03000 267 979

www.durham.gov.uk/FirstContact

Report a concern about a child's welfare

Childline | 0800 1111 | www.childline.org.uk

Confidential telephone counselling service for any child with a problem

Mind | 0300 123 3393 | www.mind.org.uk

Provides information and signposting around mental health, including where to get help and treatment options

Samaritans | 116 123 | www.samaritans.org

The Samaritans offer a safe space to talk in your own time and way about what is important to you

Young Minds | 0808 802 5544 | www.youngminds.org.uk

Helping young people around isolation and gaining support around mental health

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

Shout | Text SHOUT to 85258 | giveusashout.org

Confidential 24/7 crisis text support when you need immediate assistance

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**.



County Durham

Clinical Commissioning Group

Tees, Esk and Wear Valleys



NHS Foundation Trust

**County Durham
Care Partnership**

