

Help & Support



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 (15-24yrs)



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 self-isolating/how 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 our own 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 mindfulness and meditation



Public Health England

Guidance on health and wellbeing aspects of coronavirus



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



Tees, Esk and Wear Valleys
NHS Foundation Trust



NHS
County Durham
Clinical Commissioning Group



