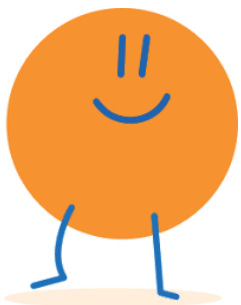




# HOW TO SUPPORT YOUNG PEOPLE . . .

## BEREAVEMENT SUPPORT



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## BEREAVEMENT SUPPORT

### • St Teresa's Hospice

- Offering support to young people and families if they have lost a loved one due to a lifelimiting illness.
- Tel: 01325 254321. Email: [enquires@darlingtonhospice.org.uk](mailto:enquires@darlingtonhospice.org.uk)

### • Cruse Bereavement Services

- Contact: 01325 254321. [Cruse.org.uk](http://Cruse.org.uk)

### • Winston's Wish [UK wide]

- Helps children rebuild their lives after the death of a parent or sibling enabling them to face the future with confidence and hope.
- Tel: 01242 515157

### • Headlight Project

- Aim to support those bereaved by suicide through specialist 1-2-1 counselling, play therapy for children and support groups.
- Website: [Headlightproject.org](http://Headlightproject.org)

### Child Bereavement UK

- Phone number - 0800 028 840
- Email address: [helpline@childbereavement.uk.org](mailto:helpline@childbereavement.uk.org)



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## OTHER HELPFUL SERVICES

### Child and Adolescent Mental Health Services [CAMHS]

- CAMHS provide assessment and appropriate treatment or intervention for children and young people until they are 18 years old. All referrals can be made to the single point of access team or via your GP.
- Tel: 0300 123 9296

### Darlington Mental Health Support Team [MHST]

- The MHST work in schools across Darlington offering early intervention support for children and young people who are experiencing mild to moderate mental health difficulties using evidence-based Low Intensity Cognitive Behavioural Therapy [CBT].
- Referrals are made via the school/education settings Mental Health Lead.

### The Listening Post

- Free and confidential listening and mentoring service for young people in the Darlington area  
Tel: 07847 933799. Email: [listeningpost@dacym.co.uk](mailto:listeningpost@dacym.co.uk)

### Samaritans

- Contact a Samaritan if you need someone to talk to.
- Tel: 116 123. Email: [jo@samaritans.org](mailto:jo@samaritans.org)

### Young Minds

- A mental health charity for children, young people and their parents, making sure all young people can get the mental health support they need.
- Parents Helpline: 0808 802 5544



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# Mental Health Support for Young People

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## Shout 85258

- Shout is a free, confidential 24/7 text support service for anyone in the UK who is struggling to cope.
- Text the word 'Shout' to 85258

## Recovery College

- Providing a range of online educational course and resources to people who might be struggling with mental health issues.
- Website: [www.recoverycollegeonline.co.uk](http://www.recoverycollegeonline.co.uk)

## McNay Street Family Hub

- Parents and carers to meet and provide a range of support from 0 – 4 years. Baby, toddler groups, sensory seekers, story and rhyme time.
- Tel: 01325 406250.

## Muslim Youth Helpline

- Faith and culturally sensitive support by phone, live chat, WhatsApp or email
- Visit [www.myh.org.uk](http://www.myh.org.uk)

## USEFUL WEBSITES

- [www.youngminds.org.uk](http://www.youngminds.org.uk)
- [www.kooth.com](http://www.kooth.com)
- [www.cahms-resources.co.uk](http://www.cahms-resources.co.uk)
- [www.mind.org.uk](http://www.mind.org.uk)
- [www.place2be.org.uk](http://www.place2be.org.uk)
- [Humankindcharity.org.uk](http://Humankindcharity.org.uk)
- [www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/](http://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/)
- [www.socialprescribing.primaryhealthcaredarlington.co.uk](http://www.socialprescribing.primaryhealthcaredarlington.co.uk)
- [Every Mind Matters - NHS](#)



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