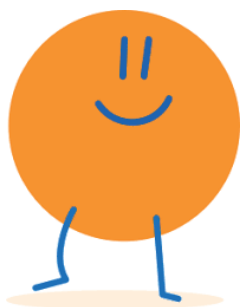




# HOW TO SUPPORT YOUNG PEOPLE . . .

EMOTIONAL REGULATION SUPPORT



**Tees, Esk and Wear Valleys**  
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## EMOTIONAL REGULATION SUPPORT

### O-19 Growing Healthy Team

- The Growing Healthy team support children and young people encouraging health lifestyles and protecting those who are most vulnerable. They have a SEND team, emotional health and wellbeing team and universal nursing team.
- Tel: 03000 030013

### Social Prescribers

- A personalised care approach to ensure children, young people and their families receive the right support at the right time. They can provide effective support to focus on mental health and wellbeing.
- Contact: 01325 952577-select option 2 and leave a message or; [livingwell.darlington@nhs.net](mailto:livingwell.darlington@nhs.net)

### Children's Front Door [Early Help]

- Ensure that children, young people and their families receive the current support when needs are identified and at the most appropriate level.
- Tel: 01325 406222 [option2] Email: [childrensfrontdoor@darlington.gov.uk](mailto:childrensfrontdoor@darlington.gov.uk)
- Understanding your Tweens and Teens workshop, Brain development, getting teenagers to co operate, emotional resilience [parents only]. Tel: McNay Children's centre 01325 406250



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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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