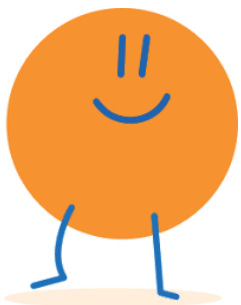




HOW TO SUPPORT YOUNG PEOPLE . . .

SLEEP SUPPORT



Tees, Esk and Wear Valleys
NHS Foundation Trust

SLEEP SUPPORT

Tees Valley Sleep Service

- Using a tiered approach, they provide telephone support & resources, parent sleep support sessions and 1:1 sleep assessment. It can be accessed by families if your child has an additional health or development need and is between the aged of 2½ -18yrs
- Website: www.teesvalleysleepservice.co.uk
- Tel: 01325 794 888 or Email: youngcarersdarlington@family-action.org.uk.

Teen Sleep Hub

- If you're looking for advice on how to sleep better, would like tips on tweaking your routine or help to understand the science behind you sleep patterns, visit www.teensleephub.org.uk



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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

Samaritans

- Contact a Samaritan if you need someone to talk to.
- Tel: 116 123. Email: 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

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

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

USEFUL WEBSITES

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



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