

# MENTAL HEALTH SUPPORT

Support Services/Useful Links

<https://www.childbereavementuk.org/middlesbrough>

<https://www.cruse.org.uk/get-help/local-services/north-east/tees-valley-and-durham>

<https://www.teessidehospice.org/bereavement-counselling>

<https://fis.middlesbrough.gov.uk/kb5/middlesbrough/fsd/service.page?id=ArirS5BgOik>

[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

R&C Mind COVID-19 Information Hub This hub pulls together all the local supporting agencies, and resources specifically related to the Covid-19 pandemic. There are specific links to mental health support for adults and children and young people.

Link to the hub <https://rcmind.org/corona-virus-information-hub>

Click here for Information and contact details for Mental Health, Emotional and Wellbeing support providers.

A Time 4 You – Child & Family Psychological Services have provided some useful resources to help with anxiety, please click on the link below:

<https://www.time4youcounselling.co.uk/covid-19-resources>

Future Focus Project We have temporarily changed our criteria and are now accepting referrals for any young person aged 14+ who are experiencing emotional wellbeing or mental health difficulties. Support will be offered by telephone, resources sent by email/post, and we have online chats available. This is a free service.


Anyone wishing to refer can enquire to [cyp@rcmind.org](mailto:cyp@rcmind.org) or call 01642 296052(option 2)

The Junction Support for Children, Young People and Families

Please find below a link to The Junction's new weekly newsletter:

<https://mailchi.mp/77c1b2d53bbb/the-junction-wellbeing-newsletter>

## National Guidance and Resources

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| <p>The Department for Education (DfE) official guidance and articles CYP mental health and wellbeing</p>  <p>27-05-20 Mental MH official published health support for CYFguidance and articles :</p>  | <p><a href="https://www.gov.uk/government/collections/coronavirus-covid-19-guidance-for-schools-and-other-educational-settings">https://www.gov.uk/government/collections/coronavirus-covid-19-guidance-for-schools-and-other-educational-settings</a></p>   |
| <p>This comprehensive guide for Education Settings Supporting Children and Young People’s Mental Health and Emotional Wellbeing Needs Which Have Arisen from COVID-19 has been collated by NHS Yorkshire &amp; the Humber Children &amp; Young People’s Mental Health Clinical Network</p>   | <p><a href="http://www.yhscn.nhs.uk/media/PDFs/children/Docs%20and%20Links/Guide%20for%20Education%20Settings%20Supporting%20CYP%20MH%20EWB%20-%20COVID-19%20FINAL%20v1.0.pdf">http://www.yhscn.nhs.uk/media/PDFs/children/Docs%20and%20Links/Guide%20for%20Education%20Settings%20Supporting%20CYP%20MH%20EWB%20-%20COVID-19%20FINAL%20v1.0.pdf</a></p> |
| <p>Royal College of Paediatrics and Child Health (RCPCH) page on covid</p>   | <p><a href="https://www.rcpch.ac.uk/resources/covid-19-talking-children-families-about-returning-school-guiding-principles">https://www.rcpch.ac.uk/resources/covid-19-talking-children-families-about-returning-school-guiding-principles</a></p>   |
| <p>NHS Futures Collaboration Platform Developed for and used by the health and social care sector - open to anyone working in or for health and social care, with an active member base from many local, regional and national organisations. The platform supports many different organisations, commissioners, providers, senior management, frontline staff, clinicians, health and social care colleagues, and other interested stakeholders to connect and collaborate more effective</p> | <p><a href="https://future.nhs.uk/about">https://future.nhs.uk/about</a><br/><a href="https://future.nhs.uk/system/login">https://future.nhs.uk/system/login</a></p>   |

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| <p><b>ADVICE, SELF HELP</b></p>  | <ul style="list-style-type: none"> <li>• <a href="https://www.kooth.com">https://www.kooth.com</a></li> <li>• <a href="https://www.giveusashout.org/">https://www.giveusashout.org/</a></li> <li>• <a href="https://www.mentallyhealthyschools.org.uk/">https://www.mentallyhealthyschools.org.uk/</a></li> <li>• <a href="https://www.rethink.org">https://www.rethink.org</a></li> <li>• <a href="https://www.rcpsych.ac.uk/mental-health/parents-and-young-people">https://www.rcpsych.ac.uk/mental-health/parents-and-young-people</a></li> <li>• <a href="https://www.annafreud.org/on-my-mind/youth-wellbeing/">https://www.annafreud.org/on-my-mind/youth-wellbeing/</a></li> <li>• <a href="https://www.tewv.nhs.uk/services/arch-recovery-college">https://www.tewv.nhs.uk/services/arch-recovery-college</a></li> <li>• <a href="https://www.annafreud.org/what-we-do/schools-in-mind">https://www.annafreud.org/what-we-do/schools-in-mind</a></li> <li>• <a href="https://www.minded.org.uk">https://www.minded.org.uk</a></li> </ul> |
| <p><b>GETTING HELP<br/>(Mild to Moderate difficulties)</b></p>             | <ul style="list-style-type: none"> <li>• <b>For mild to moderate Anxiety/Separation Anxiety, Low Mood, Behaviours,</b></li> <li>• <b>Current Provision:</b> remains unchanged and consists of Training for staff / Psycho-education/ 1:1 referrals. Please contact providers direct (see page 3 for details)</li> <li>• <b>Interim Covid Recovery Provision:</b> Targeted workshops/groups (Pre-recorded/Virtual/Direct)</li> <li>• SOUTH TEES CONTACT: HeadStart wendy_kelly@middlesbrough.gov.uk OR TEWV.CAMHS-Training@nhs.net</li> <li>• NORTH TEES CONTACT: TEWV.CAMHS-Training@nhs.net</li> </ul>   |
| <p><b>GETTING MORE HELP<br/>(Severe, Pervasive, Complex, Enduring)</b></p> | <ul style="list-style-type: none"> <li>• <b>SPECIALIST NHS CAMHS - 03000 132 000 (Followed by option for your area)</b></li> <li>• Psychosis; Eating Disorder; Suicidal Intent; Severe Mood Disorder; Complex presentations; Vulnerable groups (i.e. LD, LAC )</li> </ul>   |
| <p><b>GETTING MENTAL HEALTH<br/>CRISIS SUPPORT</b></p>                     | <ul style="list-style-type: none"> <li>• <a href="https://www.giveusashout.org/">https://www.giveusashout.org/</a></li> <li>• CAMHS Crisis &amp; Liaison – <b>03000 200 317</b></li> </ul>  |