

## Social, Emotional and Mental Health Need

### Eating Distress

- Offer independent confidential services to people affected by eating distress across the Northeast of England. This includes counselling, support for families, workshops. This service is for 16+. They also deliver a parent/ carer group support.
- <https://www.edne.org.uk/> or [enquiries@edne.org](mailto:enquiries@edne.org) or tel: 0191 221 0233

### Young Women's Outreach Project

- Providing targeted support to young women aged 13 years+ including those with or awaiting a neurodevelopmental diagnosis.
- <http://www.ywop.co.uk> or <https://www.ourgateshead.org/young-womens-outreach-project>

### Consider talking to a GP

- Can help identify what is available locally that could support a young person.
- [www.nhs.uk/service-search/find-a-gp](http://www.nhs.uk/service-search/find-a-gp)

### Gateshead Central South PCN

- Access to Counselling via North East counselling – referral via GP

### Primary Care social prescribers

- Provide support for non-clinical issues impacting upon health – referral via GP Surgery

### Gateshead Talking Therapies

- Psychological therapies around anxiety, depression, stress or worries for young people aged 16 and over who are registered with a GP in Gateshead.
- <https://www.gatesheadtalkingtherapies.nhs.uk/>

### South Tyneside, Sunderland PCN team

- Support for young people age 16+ with their mental health who are registered with a Gateshead GP
- <https://www.stsft.nhs.uk/services/mental-health-services>

### MIND (Tyneside and Northumberland)

- Services are for 16+. Includes Mood Tracker Apps, directory of services and support line.
- [www.tynesidemind.org.uk](http://www.tynesidemind.org.uk)

### Youth Focus North East

- Weekly Mental Health Café delivered from Second Street surgery & St. Chad's community Project.
- <https://youthfocusne.org.uk/>

## Universal Support to Schools

### Early Help Service

- Co-ordination of multi-agency support around families
- Access Point - 0191 211 5805 or [www.gateshead.gov.uk/earlyhelp](http://www.gateshead.gov.uk/earlyhelp)

### The Childrens Society - RISE Mental Health Support Team in schools

- Working into schools to support CYP with low/moderate mental health needs.
- <https://rise.childrensociety.org.uk/>

### Safeguarding

- Dr Karen Hutchinson- [karen.hutchinson9@nhs.net](mailto:karen.hutchinson9@nhs.net)
- Dr David Jones- [david.jones3@nhs.net](mailto:david.jones3@nhs.net)

### Designated Clinical Officer (DCO)

- Dawn Robson Tel: 07342081199 - [dawn.robson4@nhs.net](mailto:dawn.robson4@nhs.net)

### Growing Healthy Gateshead (0-19 Service)

- Support from (0-5) Health visiting and (5-19) School Nursing Services
- [https://www.facebook.com/GrowingHealthyGateshead/?locale=en\\_GB](https://www.facebook.com/GrowingHealthyGateshead/?locale=en_GB)
- Health Visitor / School Nurse tel: 03000 031 918
- [spoc.hdf@gateshead@nhs.net](mailto:spoc.hdf@gateshead@nhs.net)

## Family Support

### The Labriut Centre

- Delivering health and wellbeing programmes and education into the community in a culturally appropriate way.
- <https://jccg.org.uk/labriut/>

### Edberts House Health Equity Team

- Working within the East PCN providing targeted support to young people and their families.
- <https://edbertshouse.org/>

### Parent Support Line- North East Counselling

- Confidential parent and carer support line, manned by a qualified counsellor.
- Monday to Friday between 10am –2pm. (can request call backs if outside of these hours). Tel: 0333 358 3040

### Change Grow Live (Drug and Alcohol service)

- Free and confidential drug and alcohol service for young people and concerned others in the Gateshead area.
- <https://www.changegrowlive.org/positive-futures-gateshead/info>

### Children's Social Care

- Get advice from a duty social worker.
- [www.gatesheadsafeguarding.org.uk](http://www.gatesheadsafeguarding.org.uk)

### Gateshead Carers

- Provide support to adults, young people and children who care for someone living in Gateshead.
- [www.gatesheadcarers.com](http://www.gatesheadcarers.com)

### Family Hubs

- Family hubs support families from conception to the age of 2 to give all children the best start to life. They continue to support families of children up to the age of 19 and to the age of 25 for young people who have special educational needs and disabilities (SEND). Hubs are also open to other members of the community who may need more help.
- Email: [familyhubs@gateshead.gov.uk](mailto:familyhubs@gateshead.gov.uk) or website: [www.gateshead.gov.uk/familyhubs](http://www.gateshead.gov.uk/familyhubs)

## Support for Neurodiverse young people and their parents/carers and families

### Daisy Chain

- Supporting autistic, neurodivergent children's young people and adults.
- Autism Central – 1-1 and group based support available to families & individuals Autism Central - Daisy Chain
- [www.daisychainproject.co.uk](http://www.daisychainproject.co.uk)

### Keyring Network

- 1:1 Support for those with LD and autism to develop social networks and independence skills - work with up to 9 adults
- <https://www.keyring.org/where-we-work/north-east>

### Children NE Masquer-Aid Peer Support Group

- Peer support group for people who have recently found out they are neurodifferent or are waiting for a diagnosis. Purpose about shared experiences, learn about life and have fun too. Aimed at 11 to 25 year olds 1:1 and group.
- <https://children-ne.org.uk/masquer-aid-support-groups/>

### Autism Central North East & Yorkshire

- Provision of 1-1 support, online learning and coffee mornings delivered via Daisy Chain. Further information is available Autism Central - Daisy Chain
- [www.daisychainproject.co.uk](http://www.daisychainproject.co.uk)

### CNTW – Specialist NHS Mental Health Service

- NHS based professional services for adults with significant mental health problems. Includes psychiatry, psychology, mental health nursing and therapy services, services for adults with eating disorders, learning disability, autism, or ADHD.
- [www.cntw.nhs.uk](http://www.cntw.nhs.uk)

### SEN Local Offer

- Online portal providing advice and support for parents of/children and young people with SEND.
- [www.gateshead-localoffer.org](http://www.gateshead-localoffer.org)

## Getting Help Offer- Via Single Point of Access Referral

### Single Point of Access

- Service for young people who have a GP and need to gain access to emotional and mental health services. Note: this is not the CYPs service.
- Tel: 0330 123 1147  
[ornspaadmin@cntw.nhs.uk](mailto:ornspaadmin@cntw.nhs.uk)

### Children's NE

- Provide support and interventions including therapeutic services, mental health support, youth work, domestic abuse support, family support, community-based initiatives, participation and consultation activities and Poverty Proofing initiative.
- <https://children-ne.org.uk/>

### NE Counselling

- We can also provide FREE counselling to children and young people 9-25 in Gateshead. The free counselling is only available in Gateshead Central South with referral via GP.
- Email: [info@necounselling.org.uk](mailto:info@necounselling.org.uk) website <https://necounselling.org.uk/>

### Toby Henderson Trust

- The Toby Henderson Trust (THT) is an independently funded charity supporting autistic children, young people and adults, their families, and carers in the North East of England.
- <https://www.ttth.co.uk/>

### South Tyneside & Sunderland Foundation Trust- CYP Team

- Emotional Wellbeing Service who provides access to counselling and structure therapy for children & young people.

### Kooth

- Offer online counselling services for young people aged 11-18 years, providing an early response to, and identification of emotional wellbeing and mental health problems. The support is safe, online, anonymous, and self-referral based so there are no waiting lists or thresholds to meet.
- <https://www.kooth.com/>

### Kalmer Counselling

- Offer online counselling services for young people aged 11-18 years, providing an early response to, and identification of emotional wellbeing and mental health problems. The support is safe, online, anonymous, and self-referral based so there are no waiting lists or thresholds to meet. The offer is centred around therapeutic choice.
- <https://kalmer-counselling.co.uk/>

### Barnardo's Independence Project

- Provide up to 6 months' worth of support to 12-18 year olds living in Gateshead, who are stepping down from Tier 3 Mental Health Services.
- They offer support with the transition out of these services, as well as aiming to prevent young people returning back to them.
- <https://www.barnardos.org.uk/>

### Barnardo's Orchard Mosaic

- Barnardo's Orchard Mosaic - provides a counselling service for children and young people aged 5-18 who have experienced bereavement or sexual harm.
- <https://www.barnardos.org.uk/>