

Mental Health & Emotional Wellbeing

Support for children and young people in Gateshead

Local Support

Children & Young People's Service

www.cntw.nhs.uk

Single Point of Access for mental health support | 0303 123 1147
NGSPAadmin@cntw.nhs.uk

Growing Healthy Gateshead

www.facebook.com/GrowingHealthyGateshead

GrowingHealthyGateshead

Support from (0-5) Health Visiting and (5-19) School Nursing services
0300 003 1918

Children's Social Care

www.gatesheadsafeguarding.org.uk

Get advice from a duty social worker

0191 433 2653 (Mon-Fri, 08:30-17:00)

0191 477 0844 (Evenings/Weekends)

Early Help Service

www.gateshead.gov.uk/earlyhelp

For details of local parenting programmes and support | 0191 433 3319/5019
(Mon-Fri, 9am – 5pm)

SEN Local Offer

www.gateshead-localoffer.org

Online portal providing advice and support for parents of/children and young people with SEND.

MIND – Tyneside & Northumberland

www.tynesidemind.org.uk

Includes Mood Tracker App, directory of services and Support Line 0191 477 4545

Consider talking to a GP. They will know what help is available locally and can help you decide the support that is best for you.

Find your local GP –

www.nhs.uk/service-search/find-a-gp

Schools and colleges can also connect/ refer to a wide range of local support services.



National Support

KOOTH | www.Kooth.com

Free, safe and anonymous online portal for young people aged 11-24.

NHS Every Mind Matters

www.nhs.uk/every-mind-matters

Advice on self-care and where to get extra support.

Young Minds | www.youngminds.org.uk

Information and advice on symptoms and feelings, medication and self-care.

**Anna Freud Centre
for Children and Families**

www.annafreud.org

Help with self-care, managing social media, jargon-buster and more.

The Mix | www.themix.org.uk

Essential support for under 25s. Helpline, apps, resources, text chat and useful links – 0808 808 4994.

Beat | www.beateatingdisorders.org.uk

Support with eating disorders – webchat and helpline (under 18) 0808 801 0711

MeeToo | www.meetoo.help

Teen (11+) support – download App from Google Play or App Store.

Calm Harm | www.calmharm.co.uk

Support on self-harm – download App from Google Play or App Store

Crisis Support

Samaritans | 116123 | Free 24-7 Helpline

SHOUT | Text YM to 85258 (Under 19) | Free 24-7 text service

Childline | 0800 1111 | Free, 24-7 Helpline

Papyrus Hope Line UK | 0800 068 4141 | 9am - Midnight

CALM Helpline | 0800 585858 | 5pm – Midnight

Always call 999 in a medical emergency – for serious or life-threatening illness/injury.