

# Mental Health & Emotional Wellbeing

## Support for children and young people in Gateshead

### Local Support

#### Children & Young People's Service

[www.cntw.nhs.uk](http://www.cntw.nhs.uk)

Single Point of Access for mental health support | 0303 123 1147  
[NGSPAadmin@cntw.nhs.uk](mailto:NGSPAadmin@cntw.nhs.uk)

#### Growing Healthy Gateshead

[www.facebook.com/GrowingHealthyGateshead](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.nhs.uk/every-mind-matters)

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

**Young Minds** | [www.youngminds.org.uk](http://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](http://www.annafreud.org)

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

**The Mix** | [www.themix.org.uk](http://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](http://www.beateatingdisorders.org.uk)

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

**MeeToo** | [www.meetoo.help](http://www.meetoo.help)

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

**Calm Harm** | [www.calmharm.co.uk](http://www.calmharm.co.uk)

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

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# 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.**