

GETTING HELP & ADVICE

Children, Young People & Families

Middlesbrough and Stockton Mind

Teesside's leading mental health charity has a dedicated Children, Young People & Families team that can provide local support in and out of school settings.

01642 257020

info@middlesbroughandstocktonmind.org.uk

www.middlesbroughandstocktonmind.org.uk

Inside Out Mental Health Support Team

Working with schools the team can support children and young people who may be struggling with their emotions, low mood, anxiety and much more.

01642 505580

info@insideoutmhst.co.uk

CAMHS

Children and young people worried about their mental health, or an adult worried about a child or young person's mental health can reach out for support.

0300 0132000

info@insideoutmhst.co.uk

Tees Esk & Wear Valley NHS Foundation Trust

If your child or a young person you know is in crisis then the mental health emergency line is open 24/7.

0800 0516171

www.tewv.nhs.uk

SHOUT

Shout is the UK's only free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

Text 85258

FREE MOBILE APPS



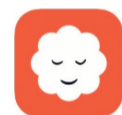
Mood Tools
(low mood)



Fear Tools
(anxiety)



Virtual Hope Box
(safety planning)



My Life Meditation
(wellbeing)



Calm Harm
(self harm)

OTHER MOBILE APPS



Headspace



Think Ninja



Calm

USEFUL WEBSITES

Kooth
www.kooth.com

MindEd
www.minded.org.uk

Rethink
www.rethink.org

PBis
www.pbis.org

Young Minds
www.youngminds.co.uk

Qwell
www.qwell.io

Getselfhelp
www.getselfhelp.co.uk

HeadStart
www.headstartsouthtees.co.uk

TEWV Recovery College
www.tewv.nhs.uk/services/arch-recovery-college

 **Mind**
Middlesbrough
and Stockton

    @MboroStcktnMind

Registered charity number: 1118098