

Newsletter

Mental Health Support Team (MHST)
Darlington



Tees, Esk and Wear Valleys
NHS Foundation Trust

November 2023

MHST – What do we do?

Our Team provides early mental health interventions for years 4 to 8 within schools. We also work with school staff to build a whole school approach to mental health and act as a link between schools and local mental health services offering advice, support, and signposting information.

Please contact your school's mental health lead for more details or call us on 07500 799524 or email tewv.mhstdarlington@nhs.net



Parent Led Cognitive Behavioural Therapy (PLCBT)

PLCBT is one of the courses delivered by MHST to help children aged 5 to 12 who are struggling with mild/moderate feelings of anxiety. We help parents/carers learn new skills and strategies which can then be used with their children. This helps children better understand and manage their feelings of anxiety and empowers parents/carers giving them the confidence to put things in place.



CBT works on the idea that our thoughts, feelings and behaviours (what we do) are all linked together and all have an impact on each other. When your child is feeling anxious, they can get stuck in a cycle of negative or unhelpful thoughts, feelings and behaviours. By using Parent Led CBT, we can help you to help your child to break that cycle and help them to change their thoughts and behaviours so that they start to feel better.

The course is made up of a mixture of face-to-face group sessions, breaks and telephone check-ins (so you won't be attending the course every week). Face-to-face sessions will last for around 1 and a half hours. A group setting is a chance to meet other parents with similar experiences with a chance for discussion with the MHST. You will be given tasks to complete in between sessions which we will then reflect on with you. All of these things aim to help children feel better!

Recovery College Online

Providing a range of free online educational courses and resources to people who might be struggling with mental health issues, families, friends, mental health workers and anyone else who might be interested in learning more about mental health and wellbeing.



You can complete online courses covering a variety of mental health and wellbeing topics for free by using the 'Courses' button at the top of the page or via the link below. Create an account and complete the courses in your own time, at your own pace.

<https://www.recoverycollegeonline.co.uk/>

Tees Valley Sleep Service

The Tees Valley Sleep Service provides telephone support & resources, sleep workshops and 1:1 sleep assessments and is available if children have an additional health or development need and are aged between 2¹/₅ and 18 years old.

For more information go to - <https://teesvalleysleepservice.co.uk>

Sleep Scotland suggest the following 11 tips to encourage and promote sleep.

1

Work out your child's sleep needs

2

Have a consistent routine
Keep bedtimes and wake up times the same

3

Wind down for sleep
Take an hour before bedtime to relax

4

Keep the bedroom calm
Bedrooms should be cool and relaxed

5

Ditch the tech
Avoid screens in the bedroom for an hour before bedtime

6

Control light
Consider blackout blinds and dim lights in the hour before bedtime

7

Relax
Keep stress away from bedtime and avoid worrying subjects

8

Daytime exercise
Encourage plenty of daylight exercise but not within 2 hours of bedtime

9

Eat to encourage sleep
Keep mealtimes regular, avoid caffeine and excess sugar, and no snacks within an hour of bedtime

10

Napping
If your child still needs to nap, make sure they are awake before 2pm

11

Manage life changes
Big changes in life can be stressful, so try to prepare your child as much as possible

CAMHS Training Sessions for Parents/Carers

The TEWV child and adolescent mental health services (CAMHS) service in County Durham and Darlington offers free online training for parents/carers of children and young people aged 0 to 25 years of age.

The training sessions delivered enhance awareness of the chosen topic and help explore and identify mental health concerns that may present within children and young people. For more info and to book please see <https://www.tewv.nhs.uk/get-involved/training/camhs-county-durham/>

Please note these sessions are for parents/carers only. If you work with children and families and wish to access training please book on the sessions in the portfolio on the website above, thank you.



Autism Central

Support is now available for families and carers of autistic children and adults thanks to a new, free education programme being launched across England.

Autism Central aims to build knowledge and understanding of autism and empower families and carers to advocate for autistic people they support to get the right understanding and adjustments in place across the services they use.

Commissioned by NHS England and informed by or co-produced with autistic people, parents and carers, the programme offers one-to-one and group sessions complemented by high-quality online learning and information.

Families and carers can also talk to people with similar experiences by joining workshops, drop-in sessions, coffee mornings or virtual meetups.

Each session is delivered by parents and carers of autistic people who have been trained to share their knowledge and experience with others, as peer educators.

Information, guidance and events are all available on the Autism Central website. Families and carers can explore topics such as diagnosis, employment and mental health, and find resources from partners and other trusted sources.

They can also search for a regional hub to find sessions in their area and sign up to access further learning resources and personal stories from other parents and carers.

To find out more, contact your local hub at <https://www.autismcentral.org.uk/>



The image shows a laptop screen displaying the Autism Central website. The website features a search bar, a 'Login or register' button, and navigation links for 'Guidance', 'Find help', 'Get involved', and 'Who we are'. A prominent circular image shows a young boy with orange glasses smiling next to a woman with glasses. The text 'Autism Central for Parents and Carers' is visible on the screen. To the left of the laptop, the Autism Central logo is displayed, consisting of a colorful circular pattern of dots. Below the logo, the text 'Learn more about autism' and the website address 'autismcentral.org.uk' are shown. The NHS logo is visible in the bottom right corner of the image.

Useful Websites and Contacts



- **Crisis Team - Tees Esk and Wear Valley**
The Crisis Team service is available in a mental health emergency 24/7 for people and carers and can be accessed by calling 0800 0516171
- **Cruse Bereavement Care**
www.cruse.org.uk
Helping people through one of the most painful times in life – with bereavement support, information and campaigning
- **Darlington Children's Front door**
<https://www.darlington.gov.uk/education-and-learning/childrens-social-care/>
If there is a concern about a child or young person, Children's Front Door can be contacted via telephone: 01325 406222 or email: childrensfrontdoor@darlington.gov.uk
- **Darlington Assistance for Refugees**
<https://www.darlingtonrefugees.org/>
Support and advice for asylum seekers and refugees
- **Darlington Association on Disability (DAD)**
<https://www.darlingtondisability.org/>
Support for people with disabilities and autism through the provision of services, support and information
- **Daisy Chain**
<https://www.daisychainproject.co.uk/>
Supporting and empowering autistic and neurodivergent individuals through the provision of holistic person centred services
- **Darlington Mind**
<https://www.darlingtonmind.com/support-for-children-young-people>
A range of services for children and young people aged between 11 and 18 whenever a bit of extra support is needed
- **Darlington Parent Carer Forum**
<https://www.facebook.com/TogetherforBetterDarlington/>
The Darlington Parent Carer Forum is a parent led forum for parent and carers of Special Educational Needs (SEN) and disabled children and young people
- **Darlington Young Carers (Humankind)**
www.humankindcharity.org.uk/darlington-young-carers-service
Support for young carers aged 5 to 25
- **Durham and Darlington Talking Therapies**
<https://durhamanddarlingtontalkingtherapies.org.uk>
A self-help, counselling and talking therapies service for ages over 16 designed to help with common mental health problems
- **First Stop Darlington**
www.facebook.com/FirstStopDarlington
Information, advice, guidance and support to people who are experiencing difficulties in their lives that may make them vulnerable to a range of outcomes



- **Growing Healthy Darlington**
<https://www.hdft.nhs.uk/services/childrens-services/growing-healthy-darlington>
Promoting and protecting the health and wellbeing of all children & young people aged 5 to 19
- **Harbour Support Services**
www.myharbour.org.uk
Harbour works with families and individuals who are affected by abuse from a partner, former partner or other family member
- **Healthwatch Darlington**
<https://www.healthwatchdarlington.co.uk/young-people>
Information for residents who use local health and social care services
- **Kooth**
www.kooth.com
Kooth is a digital free, safe, confidential and non-stigmatised way for young people aged 11 to 18 years to receive counselling, advice and support on-line
- **Little Treasures**
<https://www.littletreasures.website>
Supporting autistic adults and children by providing support and practical advice to parents/carers
- **Listening Post**
<https://dacym.co.uk/listening-post/>
A listening and mentoring project seeking to help young people with low level mental health and wellbeing issues
- **MindEd**
<https://www.minded.org.uk/>
A free educational resource on children, young people, adults and older people's mental health
- **Recovery College**
www.recoverycollegeonline.co.uk/young-people
Providing a range of online educational courses and resources for people struggling with mental health
- **Relate North-East**
<https://www.relate.org.uk/get-help>
Relate has blogs, resources, books and self-help tools for just about every relationship problem out there
- **Special Educational Needs and Disabilities Service (SENDIASS)**
<https://www.darlington.gov.uk/education-and-learning/darlington-special-educational-needs-service/information-advice-and-support-service>
Supporting parents and carers of children who have or may have special educational needs
- **Shout 85258**
<https://giveusashout.org/>
A free, confidential, anonymous text support service that can be texted from wherever you are in the UK. If struggling to cope and need to talk trained Shout Volunteers are there, day or night
- **Tees Valley Sleep Service**
<https://teesvalleysleepservice.co.uk/>
Telephone support & resources, sleep workshops and 1:1 sleep assessments for ages 2 ½ and 18 years with an additional health or development need
- **Young Minds**
<https://www.youngminds.org.uk>
Providing young people with tools to look after their mental health with a website full of advice