

# Newsletter

Mental Health Support Team (MHST)  
Darlington



Tees, Esk and Wear Valleys  
NHS Foundation Trust

February 2024

## 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](mailto:tewv.mhstdarlington@nhs.net).



## Child and adolescent mental health service (CAMHS) training sessions for parents/carers

The Tees, Esk and Wear Valley (TEWV) 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 information and to book, please visit our website [www.tewv.nhs.uk/get-involved/training/camhs-county-durham](http://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.*



## Self-injury Awareness Day (SIAD) - 1 March 2024

Self-injury Awareness Day is an international event observed annually on the first of March to raise awareness on the topic. There are many organisations that can support you and your family.

YoungMinds has produced supportive guides for [young people](#) and [parent/carers](#).

[Harmless](#) also offers support to people who self-harm, as well as their family and friends.

## Charlie Waller Trust - free webinars

The Charlie Waller Trust has some upcoming free live webinars for anyone who looks after children and young people - parents, carers, educators - as well as young people themselves and anyone interested in psychology or mental health. Please click [here](#) for more information.

## Children's Mental Health Awareness Week – 5 to 11 February 2024

As a team we delivered assemblies in 18 schools to more than 3,000 children all about the theme 'My Voice Matters'. Thank you to all the schools that invited us in to deliver assemblies; we had a lovely time meeting you all and spreading this important message.

Some feedback from the week:

*"Great content. The children were engaged and responded well to Karen and Angie's presentation. Lovely music too."* Deputy headteacher

*"Children at St George's found the recent mental health assembly useful in exploring ways to talk about their mental health and when they needed support. Staff felt that the assembly was carefully designed, that the materials delivered were age appropriate to the children in Key Stage 2. We also found the additional and follow up materials Laura provided useful in providing support to our parents. Laura provided some conversational starting points and ways in which parents could support their children mental health. This event also provided an opportunity for the children in Year 3 to meet our mental health support worker, Laura Pickering."* Mental health lead

## BEAT eating disorders

BEAT, the eating disorders charity, has a fantastic range of resources to support you if you have (or think you might have) an eating disorder.



[BEAT's e-learning platform](#) provides people supporting someone with an eating disorder with a space to learn, share and find community through workshops, courses and forums. In addition, it provides support for parent/carers and training for school staff. School Professional Online Training (SPOT) is an online platform available to anyone working in schools. SPOT provides school staff with online modules, resources and spaces to talk with other school professionals. Please click [here](#) for further information.

## Useful websites and contacts



- Crisis team - Tees Esk and Wear Valley's NHS Foundation Trust**  
[www.tewv.nhs.uk/services/crisis-advice](http://www.tewv.nhs.uk/services/crisis-advice)  
 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](http://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**  
[www.darlington.gov.uk/education-and-learning/childrens-social-care](http://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](mailto:childrensfrontdoor@darlington.gov.uk).
- Darlington Assistance for Refugees**  
[www.darlingtonrefugees.org](http://www.darlingtonrefugees.org)  
 Support and advice for asylum seekers and refugees.
- Darlington Association on Disability (DAD)**  
[www.darlingtondisability.org](http://www.darlingtondisability.org)  
 Support for people with disabilities and autism through the provision of services, support and information.
- Daisy Chain**  
[www.daisychainproject.co.uk](http://www.daisychainproject.co.uk)  
 Supporting and empowering autistic and neurodivergent individuals through the provision of holistic person-centred services.
- Darlington Mind**  
[www.darlingtonmind.com/support-for-children-young-people](http://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**  
[www.facebook.com/TogetherforBetterDarlington](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](http://www.humankindcharity.org.uk/darlington-young-carers-service)  
 Support for young carers aged 5 to 25.
- Durham and Darlington Talking Therapies**  
[www.durhamanddarlingtontalkingtherapies.org.uk](http://www.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](https://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**  
[www.hdft.nhs.uk/services/childrens-services/growing-healthy-darlington](http://www.hdft.nhs.uk/services/childrens-services/growing-healthy-darlington)  
 Promoting and protecting the health and wellbeing of all children and young people aged 5 to 19.

- **Harbour Support Services**

[www.myharbour.org.uk](http://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**

[www.healthwatchdarlington.co.uk/young-people](http://www.healthwatchdarlington.co.uk/young-people)

Information for residents who use local health and social care services.

- **Kooth**

[www.kooth.com](http://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 online.

- **Little Treasures**

[www.littletreasures.website](http://www.littletreasures.website)

Supporting autistic adults and children by providing support and practical advice to parents/carers.

- **Listening Post**

[www.dacym.co.uk/listening-post](http://www.dacym.co.uk/listening-post)

A listening and mentoring project seeking to help young people with low level mental health and wellbeing issues.

- **MindEd**

[www.minded.org.uk](http://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](http://www.recoverycollegeonline.co.uk/young-people)

Providing a range of online educational courses and resources for people struggling with mental health.

- **Relate North-East**

[www.relate.org.uk/get-help](http://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)**

[www.darlington.gov.uk/education-and-learning/darlington-special-educational-needs-service/information-advice-and-support-service](http://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**

[www.giveusashout.org](http://www.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**

[www.teesvalleysleepservice.co.uk](http://www.teesvalleysleepservice.co.uk)

Telephone support and resources, sleep workshops and 1 to 1 sleep assessments for ages 2 ½ and 18 years with an additional health or development need.

- **Young Minds**

[www.youngminds.org.uk](http://www.youngminds.org.uk)

Providing young people with tools to look after their mental health with a website full of advice.

