**Mental Health and Wellbeing services in Newcastle – March 2020**

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| **Adults or Children & Young People** | **Name** | **Telephone / Contact details** | **Website** | **How they can support** |
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| **BEREAVEMENT** | | | | |
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| Adults | **Age UK** | For practical information and advice, call Age UK Advice: 0800 169 65 65 | Bereavement advice: <https://www.ageuk.org.uk/information-advice/health-wellbeing/relationships-family/bereavement/>  Arranging a funeral: <https://www.ageuk.org.uk/information-advice/coronavirus/arranging-a-funeral--coronavirus-advice/> | Also offers - Advice and support for older people who are self isolating/ being shielded - focused on COVID-19. Vulnerable people who feel isolated but no face to face provision.  For a cheerful chat, day or night, call Silver Line: 0800 470 80 90 |
| Adults | **Bereavement Advice Centre** | 0800 634 9494 | [bereavementadvice.org](https://www.bereavementadvice.org/) | Bereavement Advice Centre is a free helpline and web-based information service.  They give practical information and advice and signposting on the many issues and procedures that face us after the death of someone close.  They welcome calls from bereaved people and the professionals and volunteers who support them. Bereavement Advice Centre helps many people every day and aims to give straightforward, useful advice when you need it. |
| Adults | **Cruse Bereavement Care** | 08444 779400  For local services the contact details are: 0191 276 5533  Email: [tyneside@cruse.org.uk](mailto:tyneside@cruse.org.uk) | [www.cruse.org.uk](http://www.cruse.org.uk)  For local services the link is <https://www.cruse.org.uk/get-help/local-services/north-east/tyneside> or the contact details are Tel: 0191 276 5533, Email: [tyneside@cruse.org.uk](mailto:tyneside@cruse.org.uk) | Cruse Bereavement Care promotes the well-being of bereaved people and enables anyone bereaved by death to understand their grief and cope with their loss. As well providing free care to all bereaved people, the charity also offers information, support and training services to those who are looking after them.  For local services the link is <https://www.cruse.org.uk/get-help/local-services/north-east/tyneside> or the contact details are Tel: 0191 276 5533, Email: [tyneside@cruse.org.uk](mailto:tyneside@cruse.org.uk) |
| Adults | **Health Assured Employee Assistance Programme** | 0800 0305182 | [www.healthassuredeap.co.uk](http://www.healthassuredeap.co.uk/)  Login: Newcastle. Password: Council. | The Health Assured telephone helpline is free, independent, confidential and provides counselling and legal and financial information issue 24 hours a day. To use their telephone services call free on 0800 0305182 at any time. There is also an online service [www.healthassuredeap.co.uk](http://www.healthassuredeap.co.uk)  Login: Newcastle. Password: Council |
| Adults | **Information now – bereavement** |  | www.informationnow.org.uk/article/bereavement/ | Provides a range of signposts to other organisations and information on coping with bereavement |
| Adults | **Newcastle City Council** | 0191 211 6941  Email: [bereavementservices@newcastle.gov.uk](mailto:bereavementservices@newcastle.gov.uk) | https://www.newcastle.gov.uk/services/births-deaths-and-marriages/bereavement-services/contact-bereavement-services | Bereavement Services. Newcastle City Council Arches Reception. Civic Centre. Newcastle upon Tyne. NE1 8QH.  Monday to Friday 8.15am to 4:15pm |
| Adults | **NHS website** |  | www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement/ | Provides advice and information about coping with bereavement and signposts to additional websites |
| Adults | **The Samaritans** | 116123 | <https://www.samaritans.org>  local website:  [www.samaritans.org/branches/newcastle](http://www.samaritans.org/branches/newcastle) | Offers free emotional support and a 24 hour helpline |
| **Support for bereaved parents & Families** | | | | |
| Adults & Families | **Child Bereavement UK** | 0800 02 888 40 | [www.childbereavementuk.org](http://www.childbereavementuk.org) | Child Bereavement UK supports families and educates professionals when a baby or child dies or is dying, or when a child is facing bereavement |
| Children & Young People and Families | **Childhood Bereavement Network** | 0800 02 888 40 | [www.childhoodbereavementnetwork.org.uk](http://www.childhoodbereavementnetwork.org.uk) | The Childhood Bereavement Network (CBN) is the hub for those working with bereaved children, young people and their families across the UK. We signpost families and professionals supporting children who have been bereaved to local and national sources of support and information |
| Adults | **Daddys With Angels** |  | [www.daddyswithangels.org](http://www.daddyswithangels.org) | Daddys with Angels provides free online support, advice and friendship to families following the loss of a child of ANY gestation or age and by any cause or reason. We also have a Facebook group for anyone who is experiencing 'anticipatory grief'. We are based in Northampton, UK, but we support families from all over the world. We were voted best UK support organisation in The Butterfly Awards in 2014 and 2016. |
| Adults | **The Compassionate Friends** | 0345 123 2304 | <http://www.tcf.org.uk/> | The Compassionate Friends is an organisation of bereaved parents offering support, understanding and friendship to others after the loss of a child, of any age, from any cause. We are only able to support people aged 18+ We offer a National Telephone Helpline, staffed by bereaved parents only, who are available for support and information 365 days a year. We also offer a website and moderated online forum, local support contacts and groups, weekend gatherings and retreats, information leaflets, bereavement support publications and a postal library. Some specialist sibling support is also available. The best way to begin finding appropriate access to your support needs is via our Helpline and website. Our Helpline also has the most up to date details about the support activities that might be available in your area. Helpline: 0345 123 2304 Hours: daily from 10.00-16.00 and 19.00-22.00 Website: www.tcf.org.uk Email: [helpline@tcf.org.uk](mailto:helpline@tcf.org.uk) |
| C&YP | **Winston’s Wish – Bereavement Support** |  | <https://www.winstonswish.org/coronavirus/> | This website has some incredibly useful resources around supporting CYP who have experienced bereavements as a result of COVID-19, including "telling a child someone has died from coronavirus" and "how to say goodbye when a funeral isn't possible |
| Adults | **Government guidance** |  | COVID-19: guidance for the public on mental health and wellbeing available online from: <https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing> | Coronavirus information |
| **A to Z list of services** | | | | |
| Adults | **Anxiety UK** | Phone: 03444 775 774 (Monday to Friday, 9.30am to 10pm; Saturday to Sunday, 10am to 8pm) | Website: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk/) | Charity providing support if you have been diagnosed with an anxiety condition. |
| Adults | **Anxious minds** | From Monday 30th March you can talk to one of a trained Counsellors from 9-5pm Monday to Friday on [0191 262 0305](tel:01912620305) | [info@anxiousminds.co.uk](mailto:info@anxiousminds.co.uk) | Anxious Minds Supporting the North East  Provides intervention and long term support. |
| Adults | **BABCP - COVID-19 Anxiety Blog** | Social media | <http://letstalkaboutcbt.libsyn.com/coping-withanxiety-about-coronavirus>  [Practical](http://letstalkaboutcbt.libsyn.com/coping-withanxiety-about-coronavirus) | For those experiencing anxiety or have been diagnosed with an anxiety disorder and who want to connect with people who may also suffered from anxiety. |
| Adults | **Bipolar UK** |  | Website: [www.bipolaruk.org.uk](http://www.bipolaruk.org.uk/) | charity helping people living with manic depression or bipolar disorder. |
| Adults | **CALM** | Phone: 0800 58 58 58 (daily, 5pm to midnight) | Website: [www.thecalmzone.net](http://www.thecalmzone.net/) | CALM is the Campaign Against Living Miserably, for men aged 15 to 35. |
| Adults and Families | **Children North East** | **0191 239 9956** | <https://www.children-ne.org.uk/mental-health-support> | Parent-Infant Relationships support offered by Children North East.  NEWPIP is a psychotherapeutic service to help mothers and their babies (up to two years old) develop a healthy relationship |
| Adults | **Connected Voice** | 0191 232 7445 | **Email:**[connect@connectedvoice.org.uk](mailto:connect@connectedvoice.org.uk)  Website: <https://www.connectedvoice.org.uk/> | Connecting people, supporting action and advocacy |
| Adults | **Crisis Skylight (Newcastle)** | 0191 222 0622  (please leave a message) | Email : [enquiries.newcastle@crisis.org.uk](mailto:enquiries.newcastle@crisis.org.uk) | Working together to end homelessness |
| Adults | **Every Mind Matters** | No direct contact number | <https://www.nhs.uk/oneyou/every-mind-matters/> | Every Mind Matters (NHS) PHE under the One You Banner  Online help for adults who dealing with stress and anxiety. Tips and tools and an App to access. Links for people with mood disorders and sleep problems. |
| Adults | **Gateshead Clubhouse** | 0191 440 033 | Email: [Gateshead.clubhouse@gmail.c](mailto:Gateshead.clubhouse@gmail.c)om |  |
| Adults | **Joseph Cowen Healthcare Centre** | 0191 228 929 | Email: [healthcentre@underthebridge.org.uk](mailto:healthcentre@underthebridge.org.uk)  Website: <http://www.underthebridge.org.uk/> | Primary health care for people who are homeless, in temporary housing or in housing need and not registered with a GP. |
| Adults | **Launchpad** | 0191 233 0382 | <https://launchpadncl.org.uk/> | LAUNCHPAD works to redress the balance, and offers the chance for anyone who uses mental health services in Newcastle to have their voice heard by the people who run these services. We endeavour to improve mental health services for all, and to promote the views and opinions of service users, all in a friendly, safe environment. |
| Adults | **Men's Health Forum** |  | Website: [www.menshealthforum.org.uk](https://www.menshealthforum.org.uk/beatstress.uk) | 24/7 stress support for men by text, chat and email. |
| Adults | **Mental Health Foundation** |  | Website: [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk/) | Provides information and support for anyone with mental health problems or learning disabilities. |
| Adults | **Mental Health Matters** |  | <https://www.mhm.org.uk/> | Webchat and helpline available for users of mental health services - offers forum for people to have a voice and contribute to discision making.  Has some focus on suicide prevention and training. |
| Adults | **MIND - Helplines and Listening services** |  | <https://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/helplines-listening-services/> | online website. Links to community websites across the UK for advice and support. |
| Adults | **MIND** | Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm) | Website: [www.mind.org.uk](http://www.mind.org.uk/) | Promotes the views and needs of people with mental health problems |
| Adults | **Moving Forward** |  | **NEWCASTLE:**  **Contact for self-referrals:**  **Email:**[mfn@mentalhealthconcern.org](mailto:mfn@mentalhealthconcern.org) **Telephone:**0191 222 0324 **Text:**07593 784 781  **Website:** <http://www.mentalhealthconcern.org/our-services/community-services/newcastle-moving-forward/>  **GATESHEAD:**  **Contact for self-referrals:**  **Email:**[mfg@mentalhealthconcern.org](mailto:mfn@mentalhealthconcern.org) **Telephone:**0191 222 0324 **Text:** 07593 784 781  Website: <http://www.mentalhealthconcern.org/our-services/community-services/moving-forward-gateshead/> | Moving Forward Gateshead and Newcastle helps anyone who is affected by mental ill-health to get back on their feet |
| Adults | **Newcastle Talking Therapies Service** | 0191 282 6600 | <https://www.talkinghelpsnewcastle.org/> | Online self referral form available.  16+  Linked into to all GP Practices across the city. |
| Adults | **No Panic** | Phone: 0844 967 4848 (daily, 10am to 10pm). Calls cost 5p per minute plus your phone provider's Access Charge | Website: [www.nopanic.org.uk](http://www.nopanic.org.uk/) | Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD. |
| Adults | **NUFC - Newcastle United Football Club** | 0844 372 1892 ext.8451 | <https://nufoundation.org.uk/beagamechanger/> | BE A GAME CHANGER – initiative. Focused work with those experiencing mental health problems. Encouraging people in Newcastle to talk openly about mental health and to provide tips on how to improve your physical and mental wellbeing |
| Adults | **OCD Action** | Phone: 0845 390 6232 (Monday to Friday, 9.30am to 5pm). Calls cost 5p per minute plus your phone provider's Access Charge | Website: [www.ocdaction.org.uk](http://www.ocdaction.org.uk/) | Support for people with OCD. Includes information on treatment and online resources. |
| Adults | **OCD UK** | Phone: 0333 212 7890 (Monday to Friday, 9am to 5pm) | Website: [www.ocduk.org](http://www.ocduk.org/) | A charity run by people with OCD, for people with OCD. Includes facts, news and treatments. |
| Adults | **Older Peoples radio**  **Wavelength** | 01708 621 101 | <https://wavelength.org.uk/radiohero/> | Wavelength, along with Argos, Currys PC World, John Lewis & Partners, Pure and Roberts Radio, are coming together with BBC Local Radio’s Make a Difference initiative, to provide radios to the most vulnerable over 70s. Radio has a unique role providing local news, sharing information in the community, providing entertainment and most of all being a companion to listeners. |
| Adults | **Recovery College Collective (Recoco)** | 0191 261 0948 | Email: info@recoverycoco.com  Website: <https://www.recoverycoco.com/about-us> | Providing a peer led, peer delivered education and support service where people can learn from each other’s insights, skills and lived experience. |
| Adults | **Rethink Mental Illness** | 0300 5000 927 (Monday to Friday, 9.30am to 4pm) | Website: [www.rethink.org](http://www.rethink.org/) | Support and advice for people living with mental illness. |
| Adults | **Samaritans** | 116 123 (free 24-hour helpline) | Website: [www.samaritans.org.uk](http://www.samaritans.org/) | Confidential support for people experiencing feelings of distress or despair. |
| Adults | **SANE** | SANEline: 0300 304 7000 (daily, 4.30pm to 10.30pm)  Textcare: comfort and care via text message, sent when the person needs it most: [www.sane.org.uk/textcare](http://www.sane.org.uk/textcare) | Peer support forum: [www.sane.org.uk/supportforum](http://www.sane.org.uk/supportforum)  Website: [www.sane.org.uk/support](http://www.sane.org.uk/support) | Emotional support, information and guidance for people affected by mental illness, their families and carers. |
| Adults | **Together in a Crisis (TiaC)** | Online only | Website: <http://www.mentalhealthconcern.org/our-services/community-services/together-in-a-crisis/> | The service is designed to provide support for people who identify as being in crisis, but who do not meet the threshold for the local NHS mental health crisis service |
| Adults | **Tyneside Women’s health** | 0191 477 7898 | Email: [ies@tynesidewomenshealth.org.uk](mailto:ies@tynesidewomenshealth.org.uk)  <https://www.tynesidewomenshealth.org.uk/> | To preserve, protect and improve the mental health and wellbeing of women and girls living in the North of England. |
| Adults | **Your Voice Counts** | 0191 478 6472 (10am-4pm) | E-mail: [yvc.uk@nhs.net](mailto:yvc.uk@nhs.net)  Twitter: @YVC\_Advocacy  Facebook: <https://www.facebook.com/YourVoiceCountsCommunity/>  Website: <https://www.yvc.org.uk/> | Helping vulnerable people find a voice and gain control over their lives. Helping people to become better connected to their local communities and raise awareness of the issues that vulnerable people face. |
| **Learning Disabilities support** | | | | |
| Adults | **Skills for people** | 0191 281 8737 | [information@skillsforpeople.org.uk](mailto:information@skillsforpeople.org.uk)  Website: <http://skillsforpeople.org.uk/about/> | Working to make sure disabled people and their families are well supported, to have good lives, to be in control of their own lives, and to be included in the communities of their choice.  Supporting people across North East England. |
| Adults | **Disability North** | 0191 284 0480 | Email: [reception@disabilitynorth.org.uk](mailto:reception@disabilitynorth.org.uk)  Website: <http://www.disabilitynorth.org.uk/> | Provide a range of information, advice and support services relating to all aspects of disability. |
| **COUNSELLING SERVICES (Adults and Children & Young People)** | | | | |
| C&YP | **Children North East – Youth Council** | 0191 273 3996 | [weyes.counselling@children-ne.org.uk](mailto:weyes.counselling@children-ne.org.uk) | 0ne to One Counselling service (9 to 25 years of age). Variety of therapies utilised for depression, anxiety, bullying, self-harming, loss and bereavement. |
| Adults | **North East Counselling Services** | 0191 4661314  Mobile 07756150831 | Website: <http://www.necounselling.org.uk/> | Providing free counselling support to children and young people living in Gateshead and Newcastle through the mental health trust, also including Gateshead carers and war veterans. |
| Adults | **Talking helps Newcastle** | 0191 2826600 | <https://www.talkinghelpsnewcastle.org/> | The service offers a range of talking therapies, advice, information and support. Talking therapies can help you to understand and work through your difficult feelings and develop strategies for coping better. |
| C&YP | **If u care share** | 0191 387 5661  Office hours are Monday to Friday 9am-5pm | Website: <https://www.ifucareshare.co.uk/> | To listen and support emotional wellbeing in young people and those affected by suicide. |
| **ALZHEIMERS** | | | | |
| Adults | **Alzheimer's Society** | Phone: 0333 150 3456 (Monday to Friday, 9am to 5pm and 10am to 4pm on weekends) | Website: [www.alzheimers.org.uk](http://www.alzheimers.org.uk/) | Provides information on dementia, including factsheets and helplines. |
| Adults | **Dementia Matters** | 0191 323 3342 | Website: <https://www.dementiamatters.net/> | Advice centre available for those living in Tyneside |
|  | **Search** | 0191 2737443 |  | General advice for older people |
|  | **Community Challenging Behaviour Team (Gateshead)** | 0191 477 0450  For referrals and advice on who can refer you-  Email:[ccbt@mentalhealthconcern.org](mailto:ccbt@mentalhealthconcern.org) | Website:<http://www.mentalhealthconcern.org/our-services/older-peoples-services/gateshead-community-challenging-behaviour-service/> | The service works with two groups of people  Families who are caring for a relative at home and nursing home staff caring for people with dementia whose behaviour they find challenging |
| **ADDICTION (DRUGS, ALCOHOL, GAMBLING)** | | | | |
| Adults | **Alcoholics Anonymous** | 0800 917 7650 (24-hour helpline) | Website: [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk/) |  |
| Adults | **National Gambling Helpline** | 0808 8020 133 (daily, 8am to midnight | Website: [www.begambleaware.org](http://www.begambleaware.org/) |  |
| Adults | **Narcotics Anonymous** | 0300 999 1212 (daily, 10am to midnight) | Website: [www.ukna.org](http://www.ukna.org/) |  |
| Adults | **NTaR (Newcastle Treament and Recovery Service) CNTW** | 0191 206 1117 | [NTARreferrals@cntw.nhs.uk](mailto:NTARreferrals@cntw.nhs.uk) | NTaR covers all of drug and alcohol services within Newcastle and is an ageless service. Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust are the lead provider in partnership with Humankind and Changing Lives under the name of NtaR. |
| Adults | **Gamcare** |  | Website: [https://www.gamcare.org.uk/news-and-blog/blog/update-on-covid-19-coronavirus/](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.gamcare.org.uk%2Fnews-and-blog%2Fblog%2Fupdate-on-covid-19-coronavirus%2F&data=02%7C01%7Csteve.nash%40volsag.org%7Cbe7cb842337b415edb1a08d7cbef19e1%7Ce1f02f7212694a8086706e6614e20efb%7C1%7C0%7C637202100106176477&sdata=V4QH%2FF9TfS7pdOTMIJ2dyGt%2BVKkjKYEll3uWz4lwSB0%3D&reserved=0) | Providing a helpline, webchat, forum, chatroom and 1-2-1 support via the phone or video call. |
| **CRIME VICTIMS** | | | | |
| Adults | **Rape Crisis**  **Tyneside and Northumberland** | [0800 035 2794](https://rctn.org.uk/get-help/helpline-email-support/)  Monday - Thursday (6pm - 8.30pm), Friday (11am - 2pm) | <https://rctn.org.uk/get-help/> | Providing free, safe, professional support and information for women and girls over 13 who have experienced any form of [sexual violence](https://www.rctn.org.uk/sexual-violence/) at any time in their lives |
| Adults | **Victim Support** | 0808 168 9111 (24-hour helpline) | Website: [www.victimsupport.org](https://www.victimsupport.org.uk/) |  |
| **EATING DISORDERS** | | | | |
|  | **Beat** | 0808 801 0677 (adults) or 0808 801 0711 (for under-18s) | Website: [www.b-eat.co.uk](http://www.b-eat.co.uk/) |  |
|  | **NIWE Eating Distress Service** | [0191 221 0233](tel:019122101233) Email: [enquiries@niwe.org.uk](mailto:enquiries@niwe.org.uk) | Website: <https://www.niwe.org.uk/> | Provides support to those in the North East affected by eating distress |
| **PARENTING** | | | | |
| Adults and Families | **Children North East** | 0191 2727824 | <https://www.children-ne.org.uk/> | Focused upon families in Crisis, in particular covers mental health, domestic abuse and drug and alcohol misuse. |
| Adults and Families | **Family Lives** | 0808 800 2222 (Monday to Friday, 9am to 9pm and Saturday to Sunday, 10am to 3pm) | Website: [www.familylives.org.uk](http://familylives.org.uk/) | Advice on all aspects of parenting, including dealing with bullying. |
| **RELATIONSHIPS** | | | | |
| Adults | **Relate** |  | Website: [www.relate.org.uk](http://www.relate.org.uk/) | The UK's largest provider of relationship support. |
| **CITIZEN’S ADVICE** | | | | |
| Adults | **Citizens Advice Gateshead** | If you live in Gateshead ring the**local advice line** on 0300 3309 035  Or email [advice@citizensadvicegateshead.org.uk](mailto:advice@citizensadvicegateshead.org.uk) | Website <https://citizensadvicegateshead.org.uk/> |  |
| Adults | **Citizens Advice Newcastle** | Advice line Service 9.00am-5.00pm Monday-Friday. 0300 3309055  E-mail: citycab@newcastlecab.org.uk | Webchat: <https://www.citizensadvice.org.uk/>  Website: <http://www.citizensadvice-newcastle.org.uk/> |  |
| **SERVICE AND WEBSITE INFORMATION FOR CHILDREN AND YOUNG PEOPLE (A to Z)** | | | | |
| **Mental Health Support CYP**  **Mental health: CYP with mental health problems can still be referred to the Single Point of Access via the referral form or by contacting 03031231147 (or for crisis situations 01912466913). Appointments are then provided over the phone or online, with no face to face appointments currently being offered (unless the situation necessitates it). There are a wide range of digital resources available (see the attached paper 5. COVID-19 - Helping Parents and Carers meet the needs of Children and Young People), including online support and 1:1 counselling service for 11-18 year olds (up to 25 for LAC) at www.kooth.com** | | | | |
| C&YP | **Anna Freud** |  | <https://www.annafreud.org/coronavirus/> | Self-care resources, support for schools and colleges, top tips on how families can work together during the crisis |
| C&YP | **Autism** |  | [https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-(covid-19)-advice.aspx](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.autism.org.uk%2Fservices%2Fnas-schools%2Fvanguard%2Fnews%2F2020%2Fmarch%2Fcoronavirus-(covid-19)-advice.aspx&data=02%7C01%7CAAllard%40ncb.org.uk%7C7d078078e21d4611dba808d7cb45bcbd%7Cadc87355e29c4519954f95e35c776178%7C0%7C0%7C637201372684920098&sdata=X0p0IpfwmQXowcaQVRflamskU%2FNmdKpAYqUIn6RYxjI%3D&reserved=0) | National Autistic Society – guidance and helpline for parents’, young people and staff |
| C&YP | **Barnados** | 0191 212 0237 | <https://www.barnardos.org.uk/> | helps children through the trauma of sexual abuse and exploitation. Also provides support for young people in care. Specialist workers support families through domestic abuse, mental health problems, prison sentences, asylum seeking. |
| C&YP | **BBC - Newsround** |  | <https://www.bbc.co.uk/newsround/51861089> | Children and young people’s questions answered by twin brothers, Dr Chris and Dr Xand |
| C&YP | **Carers UK** |  | [https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.carersuk.org%2Fhelp-and-advice%2Fhealth%2Flooking-after-your-health%2Fcoronavirus-covid-19&data=02%7C01%7CAAllard%40ncb.org.uk%7C7d078078e21d4611dba808d7cb45bcbd%7Cadc87355e29c4519954f95e35c776178%7C0%7C0%7C637201372684940084&sdata=RPeTq3k0bpsI1zGIjDqchzAvM%2F7CO2FZ16o%2BrlK4Kns%3D&reserved=0) | Guidance for carers |
| C&YP | **Child Bereavement UK** |  | <https://www.childbereavementuk.org/get-support> | App that has been created by a group of bereaved young people working directly with Child Bereavement UK.  It has been developed for 11-25-year-olds who have been bereaved of someone important to them. It can also be used by friends, teachers, parents, and professionals who would like to know how to support bereaved young people. |
| C&YP | **ChildLine – website helpline** | 0800 1111 | <https://www.time-to-change.org.uk/mental-health-and-stigma/help-and-support> | Links to a number of other websites and information:  Sammaritans, Mindinfoline, Rethink Mental Illness Advice Line, Saneline, 'TheMix'and Elefriends (Elefriends is a supportive online community). |
| C&YP | **Children North East** | 0191 256 2444 | <https://www.children-ne.org.uk/mental-health-support> | One-to-One Counselling |
| C&YP | **Children North East - Schools** | 0191 256 2449 | <https://www.children-ne.org.uk/mental-health-support-for-schools> | Telephone helpline.  Mental health issues amongst students have been on the rise, with one in 10 children in the UK now suffering with mental health issues every year.  affiliated with the British Association for Counselling and Psychotherapy (BACP) and work within the framework of Children and Young people on the Improving Access to Psychological Therapies (IAPT) programme. |
| C&YP | **Children’s Society** |  | <https://www.childrenssociety.org.uk/coronavirus-information-and-support> | General information for young people on emotional and mental wellbeing |
| C&YP | **Elsa-support** |  | <https://www.elsa-support.co.uk/coronavirus-story-for-children/> | Coronavirus story for children |
| C&YP | **Government information** |  | <https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak> | Public Health England guidance for parents and carers on supporting children and young people’ mental health and wellbeing during the coronavirus outbreak |
| C&YP | **Healios** |  | <https://www.healios.org.uk/services/thinkninja1> | Self-help knowledge and skills to children and young people (10-18 years old) who maybe experiencing increased anxiety and stress during the crisis. |
| C&YP | **Kooth** |  | <https://www.kooth.com/> | Free, safe and anonymous online support for young people |
| C&YP | **Mindheart** |  | <https://www.mindheart.co/descargables> | Short online book to support and reassure our children, under the age of 7, regarding the COVID-19. This book is an invitation for families to discuss the full range of emotions arising from the current situation. |
| C&YP | **PAPYRUS** | Phone: HOPELINEUK 0800 068 4141 (Monday to Friday, 10am to 10pm, and 2pm to 10pm on weekends and bank holidays) | Website: [www.papyrus-uk.org](http://www.papyrus-uk.org/) | Young suicide prevention society |
| C&YP | **Place2be** |  | [https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.place2be.org.uk%2Fabout-us%2Fnews-and-blogs%2F2020%2Fmarch%2Fcoronavirus-information-for-children%2F&data=02%7C01%7CAAllard%40ncb.org.uk%7C7d078078e21d4611dba808d7cb45bcbd%7Cadc87355e29c4519954f95e35c776178%7C0%7C0%7C637201372684930090&sdata=AWZKF3H5NwjfSE9gcCUoshSrOC0crBlLr%2FKLPTtGpTo%3D&reserved=0) | Guide to helping parents answer questions from their children and to support family wellbeing |
| C&YP | **Public Health England** |  | <https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak> | Public Health England guidance for parents and carers on supporting children and young people’ mental health and wellbeing during the coronavirus outbreak |
| C&YP | **Recovery College online** |  | <https://lms.recoverycollegeonline.co.uk/course/view.php?id=375> | This course has been written for children aged 7-12 as a way of learning about the global COVID-19 pandemic. They will learn helpful information about what the new virus is, how to stay healthy and do their best not to pass it on, how they might feel about it, things to do at home and how they can help yourselves.  The course is free to access for everyone |
| C&YP | **Streetwise Young People's Project** | 0191 230 5400 | <https://www.streetwisenorth.org.uk/> | supportds 11-18 years.  access to self-help materials and articles, moderated online forums and peer-to-peer support 365 days a year. |
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| C&YP | **Young Minds** |  | <https://youngminds.org.uk/blog/> | If the current news on coronavirus (COVID-19) is making you feel anxious, concerned or stressed, here are some suggestions of things you can do |