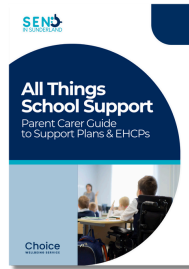
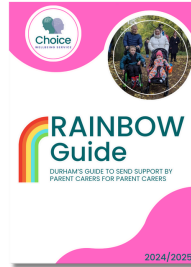
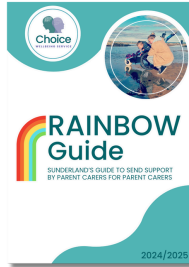


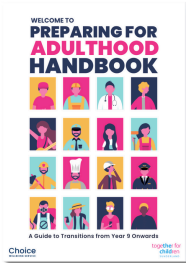
Here are just a few more guides we have available!



Guides on specific subjects



Rainbow Guides



Transitions Guides

Children's Mental Health

Parent Carer Guide to Mental Health Support

Your Child, Your Choice

Because one size doesn't fit all

Find our website here:



The mental health of children with Special Educational Needs and Disabilities (SEND) is a critical area of concern, demanding focused attention. These children often face unique challenges that can heighten their vulnerability to mental health difficulties.

Sunderland Community Child and Adolescent Mental Health Service (CAMHS) is a team of professionals who offer support and advice to aid mental health and positive well-being. The service works with children and young people aged 0-18 who may be showing signs of emotional distress and/or behavioural difficulties. They aim to deal with such difficulties at the earliest possible stage of intervention in the hope that children and young people will develop skills and resilience to promote positive well-being.

Contact Us: 0191 283 1656

In School Support

Place2Be is a children's mental health charity with over 30 years' experience working with pupils, families and staff in UK schools. They provide mental health support in schools through one-to-one and group counselling using tried and tested methods backed by research.

The Healthy Minds Team is provided by South Tyneside and Sunderland NHS Foundation Trust, and is part of the Lifecycle Service.

It enhances the support offered from other mental health services, and helps to bridge the gap between mental health and education. It offers early intervention and preventative approaches, to support children and young people to develop skills to cope with low to moderate level emotional health and mental health difficulties.

Please contact your child's school to enquire if they provide mental health support.



There are many organisations that offer support for children and young people with mental health needs, including:

Childline

- Free confidential support for children and young people by calling 0800 1111

childline
ONLINE, ON THE PHONE, ANYTIME



YoungMinds

- Free confidential support for children and young people up to age 25 by calling 0808 802 5544 or emailing parents@youngminds.org.uk

YOUNGMINDS



Papyrus

- Confidential advice and support for young people who feel like they want to take their own life

PAPYRUS
PREVENTION OF YOUNG SUICIDE



Kooth

- Support and advice for children and young people with special educational needs and disabilities (SEND) and mental health issues

kooth



Orli

- We're building a groundbreaking digital platform that empowers families to navigate anxiety, school avoidance and emotional challenges with tools that regulate emotions, bring you closer your child and offer clarity on next steps.

orli

