



# Mental Health & Emotional Support

for **schools and education setting staff** in County Durham

This is a **great starting point** to help you **access support**

## Getting Advice and Self Help

### **Stamp It Out in County Durham | 0191 307 7030**

Working in County Durham to support people to change how they think and act about mental health [www.stampitoutcountydurham.co.uk](http://www.stampitoutcountydurham.co.uk)

### **Winston's Wish | 08088 020 021 | [www.winstonswish.org](http://www.winstonswish.org)**

Information, advice and guidance on supporting bereaved children and young people

### **HSE | [www.mentalhealthatwork.org.uk](http://www.mentalhealthatwork.org.uk)**

The Talking Toolkit from Go Home Healthy around preventing work-related stress in education settings

### **Anna Freud | [www.mentallyhealthyschools.org.uk](http://www.mentallyhealthyschools.org.uk)**

Resources to cultivate a mentally healthy education environment and culture

### **NHS | [www.nhs.uk/every-mind-matters](http://www.nhs.uk/every-mind-matters)**

Access the Mind Plan to get top tips and advice personalised for you

### **Let's Chat Wellbeing | [www.letschatwellbeing.co.uk](http://www.letschatwellbeing.co.uk)**

A selection of tools and resources for those studying or working in the further education settings across the country

## Helplines and Web Chats

### **Cruse North East | [www.crusenortheast.org.uk](http://www.crusenortheast.org.uk)**

Cruse Bereavement Care offers advice, information and support to bereaved people of all ages, however and whenever a death has occurred

### **Mind | 0300 123 3393 | [www.mind.org.uk](http://www.mind.org.uk)**

Provide advice and support to empower anyone experiencing a mental health problem

### **Samaritans | 116 123 | [www.samaritans.org](http://www.samaritans.org)**

The Samaritans are there to listen 24 hours a day 365 days a year

**Shout | Text 'Shout' to 85258 | [www.giveusashout.org](http://www.giveusashout.org)**

Free, confidential 24/7 support text service for anyone struggling to cope

**Calm: Campaign Against Living Miserably**

**0800 58 58 58 | [www.thecalmzone.net](http://www.thecalmzone.net)**

Leading movement against suicide. Free and confidential helpline or webchat 7 hours a day 7 days a week to talk through life's problems

## Connecting to Local Services

**Mental Health Matters | [www.mhm.org.uk](http://www.mhm.org.uk)**

Provide online information and confidential advice to achieve good mental and physical wellbeing

**Talking Changes | 0191 333 3300 | [www.talkingchanges.org.uk](http://www.talkingchanges.org.uk)**

A self-help, counselling and talking therapies service designed to help anyone with common mental health problems

**Wellbeing for Life | 0800 8766887 | [www.wellbeingforlife.net](http://www.wellbeingforlife.net)**

Helping you find what's around you, how to make the most of it and support your choices

**Emotional Wellbeing Locality Forums | 0191 3077030**

Advice for Durham schools and wider partners about the support available to professionals working with children and families in relation to mental health and emotional wellbeing

**[www.investinginchildren.net](http://www.investinginchildren.net)**

**Durham County Council Employee Assistance Programme**

Support to help deal with any personal or professional issues which could be impacting on your health and wellbeing

**0800 716 017 | [www.healthassuredeap.co.uk](http://www.healthassuredeap.co.uk)**

**County Durham Together Hub | [www.durham.gov.uk/covid19help](http://www.durham.gov.uk/covid19help)**

Support when self-isolating, directory of help and how to volunteer

**Emotional Health & Resilience Team | 03000 263 532**

Advice and guidance for education or professional staff relating to emotional health for 5-19 years

**Durham Locate | [www.durhamlocate.org.uk](http://www.durhamlocate.org.uk)**

Helping you to find support locally in your community

## Accessing Specialist Services

### Owell | [www.qwell.io](http://www.qwell.io)

Free, anonymous, confidential and safe resource for mental health and emotional wellbeing. Qwell offers counselling, advice and community forums for education-based professionals

### TEWV Crisis Line | 0800 0516 171 | [www.tewv.nhs.uk](http://www.tewv.nhs.uk)

24-hour service for people experiencing a mental health crisis

### Education Support | [www.educationsupport.org.uk](http://www.educationsupport.org.uk)

Free and confidential helpline. Provide effective and relevant support to all those working in the education sector

Remember **GPs** are **available to help**.  
**You** are **not alone**, we can get through this **together**.



**County Durham**

Clinical Commissioning Group

**Tees, Esk and Wear Valleys**

NHS Foundation Trust



County Durham  
**Care Partnership** 

