

Directory of services to support Mental Health and Wellbeing

Click on the links for further advice and support.

[What to do in a mental health crisis - Tees Esk and Wear Valley NHS Foundation Trust \(tewv.nhs.uk\)](https://www.tewv.nhs.uk)

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Information for adults who are experiencing a mental health crisis. Please get in touch if you are in a crisis. We are here for you. Call us.

www.tewv.nhs.uk

[World Mental Health Day - Mind](https://www.mind.org.uk)

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www.mind.org.uk

[Parents and Carers | Advice and Guidance | Anna Freud Centre](https://www.annafreud.org)

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Advice and guidance for parents and carers to help them support a child or a young person experiencing poor mental health or wellbeing.

www.annafreud.org

[How to support your child's mental health – Place2Be](https://www.place2be.org.uk)

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Place2Be works with schools to help parents support their child's mental health and improve their emotional wellbeing.

www.place2be.org.uk

[Supporting your child's mental health | Barnardo's \(barnardos.org.uk\)](https://www.barnardos.org.uk)

[Youth Wellbeing Directory \(annafreud.org\)](https://www.annafreud.org)

[Signs That a Child Is Suffering From Mental Health Issues | NSPCC](https://www.nspcc.org.uk)

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](https://www.youngminds.org.uk)

[Home - Kooth](https://www.kooth.com)

[Children's mental health - Every Mind Matters - NHS \(www.nhs.uk\)](https://www.nhs.uk)