



## External support/contact list for parents

Please note that this list is subject to change as services are outside of the remit of George Stephenson

Agency / Support	Details	Contact details
<b>General support for professionals, parents and families.</b>		
<b>Front Door</b>	North Tyneside Children's services	03452000109
<b>Acorns</b>	Supports families with Domestic Abuse Recovery.	<a href="http://www.acornsproject.org.uk">www.acornsproject.org.uk</a>
<b>Harbour</b>	Covers Domestic Violence and Abuse. Referral by telephone.	<a href="http://www.myharbour.org.uk">www.myharbour.org.uk</a> 03000202525
<b>Signposting NE</b>	Support signposting website for a range of services and support	<a href="http://www.signpostnenc.co.uk">www.signpostnenc.co.uk</a>
<b>NEPACS</b>	1:1 Support for Young People who are affected by the imprisonment of a parent, sibling or grandparent.	<a href="mailto:AAmin@nepacs.co.uk">AAmin@nepacs.co.uk</a>
<b>Young Carers</b>	Support for our young carers	<a href="http://www.northtynesidecarers.org.uk/young-carers/">www.northtynesidecarers.org.uk/young-carers/</a>
<b>PROPS North East</b>	Help people who have a family member who uses drugs or alcohol.	<a href="http://www.props.org.uk">www.props.org.uk</a>
<b>Family Gateway</b>	Youth and crime diversion, mental and physical wellbeing. For children and families in need.	<a href="http://www.familygateway.co.uk">www.familygateway.co.uk</a>

<b>Mental Health Support</b>		
<b>Young Minds</b>	National charity committed to improving the mental health of young people	<a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>
<b>Kooth</b>	Online mental health support	<a href="http://www.kooth.com">www.kooth.com</a>
<b>Qwell</b>	Online mental health support	<a href="http://www.qwell.io">www.qwell.io</a>
<b>The Mix</b>	A support service for young people, able to help with challenges from mental health to money	<a href="http://www.themix.org.uk">www.themix.org.uk</a> 0808 808 4994
<b>Mindstars</b>	Workshops on Mental Health, referral by phone, social media or by dropping in.	<a href="http://www.mindstars.co.uk">www.mindstars.co.uk</a>

Agency / Support	Details	Contact details
<b>MineED</b>	Support for families with children's mental health concerns	<a href="http://www.mindedforfamilies.org.uk/young-people">www.mindedforfamilies.org.uk/young-people</a>
<b>CAHMS</b>	Children's mental health support	<b>0191 219 6685</b>
<b>Crisis Team</b>	Crisis mental health support	Referrals can also be made on the telephone by calling:  <b>01670 502 700.</b>  For urgent or emergency referrals requiring a response within 24 hours please call:  <b>0303 123 1146</b>
<b>Anna Freud</b>	Mental Health support for parents, carers and professionals	<a href="http://www.annafreud.org">www.annafreud.org</a>
<b>Suicide prevention</b>	Papyrus is a charity for the prevention of young suicide, offering confidential support and awareness raising	<a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a>

Other Healthcare Support		
<b>School Health</b>	Healthcare professionals who work to support the physical and mental health of young people	<b>01434 636939</b>
<b>School Nurse</b>	Students can text their school nurse for advice and support at any time	<b>07507 332258</b>
<b>Eating disorders</b>	Information to support children and their families with eating disorders	<a href="http://www.beateatingdisorders.org.uk">www.beateatingdisorders.org.uk</a>
<b>Self Harm</b>	Information about self harm	<a href="http://www.selfharm.co.uk">www.selfharm.co.uk</a>

Specialist Safeguarding Support		
Thinkuknow	Thinkuknow is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline	<a href="http://www.thinkuknow.co.uk">www.thinkuknow.co.uk</a>
Prevent resources	A useful resource from the Northumbria Police Prevent team whose aim is to prevent radicalisation	<a href="http://beta.northumbria.police.uk/advice-and-info/personal-safety/prevent/">beta.northumbria.police.uk/advice-and-info/personal-safety/prevent/</a>