

Emotional Wellbeing and Mental Health Support

If a child is experiencing mental health crisis or in immediate danger this should be prioritised and appropriate support sought.

Mental health crisis – 111 option 2

Immediate safety concerns – 999

Support Service	Service Information and Referral Pathway
<u>Tees Valley Getting Help Service</u> Home - Tees Valley Getting Help 0300 2000 000 Option 1 for Stockton, Hartlepool or Darlington and Option 2 for Redcar and Middlesbrough alliance.teesvalleygettinghelpntd@nhs.net Redcar or Middlesbrough email us at thelink.referral.stgettinghelp@nhs.net	The Tees Valley Children and Young People's Wellbeing and Mental Health Service covers Stockton-on-Tees, Hartlepool, Darlington, Redcar & Cleveland and Middlesbrough. As a Getting Help (i-THRIVE) service, we provide needs-led support for children and young people experiencing emotional wellbeing and mental health difficulties, ensuring they receive the right support at the right time. We also provide a 'Front Door' to additional CAMHS services, enabling access to more specialist mental health support where this is needed. We are not a specialist sexual abuse or sexual harm service and would not be the most appropriate referral where the primary identified need is specialist support relating directly to experiences of sexual abuse, sexual harm or trauma. However, we recognise that not all children and young people require specialist intervention following a disclosure or experience of abuse. Some may benefit from support to address their current emotional wellbeing or mental health needs, regardless of the cause of those difficulties. Professionals should consider referral where a child or young person is seeking support for needs such as anxiety, low mood, emotional distress, sleep difficulties, emotional regulation difficulties, reduced confidence, or difficulties with education, relationships or day-to-day functioning. For example, a referral may be appropriate for a young person experiencing anxiety following a disclosure of abuse, low mood impacting on their daily life, or emotional difficulties that they would like support to manage. Where specialist sexual abuse support or trauma-focused intervention is the primary need, referral should be made to the appropriate specialist service. Where assessment identifies a need for more specialist mental health intervention, the Tees Valley Children and Young People's Wellbeing and Mental Health Service can support access to the relevant CAMHS pathway through the local front door. The Tees Valley Children and Young People's Wellbeing and Mental Health Service (Stockton, Hartlepool, Darlington, Redcar & Cleveland and Middlesbrough) provides needs-led support at the Getting Help (i-THRIVE) level and a Front Door to additional CAMHS services. ☒ Refer to us when a child or young person would like support with:

- Anxiety or worry
- Low mood
- Emotional distress
- Sleep difficulties
- Emotional regulation difficulties
- Confidence, relationships or day-to-day functioning

This includes children and young people who may be experiencing these difficulties following a disclosure or experience of sexual abuse.

✗ Do not refer to us when the primary need is:

- Specialist sexual abuse support
- Sexual harm intervention
- Trauma-focused support relating specifically to abuse

In these circumstances, referral should be made to the appropriate specialist service.

Not all children and young people require specialist intervention following a disclosure of abuse. Our service can provide support where the identified need is emotional wellbeing or mental health support, ensuring children and young people receive the right support at the right time. Where more specialist mental health support is needed, access can be facilitated through our 'Front Door'.

For more information visit our website at <https://teesvalleygettinghelp.co.uk/>

Child Sexual Abuse Specialist Support

Support Service



ARCH

[Home - ARCH Teesside](#)

General Enquiry

admin@archteesside.org

Referral Enquiry

referrals@archteesside.org

E-mail Support

support@archteesside.org

01642 822331

Service Information and Referral Pathway

CYP Service Offer - We provide free and confidential support to children and young people affected by any form of childhood sexual abuse (CSA). Our empowerment approach focuses on safety and choice, working alongside young people and their families to recognise their strengths, increase their sense of control and help them make informed decisions.

Therapy - Play therapy is available for 13 and under, and counselling for 14+. Play therapy offers creative approaches to therapy and takes place in schools. Counselling can be based within family hubs, office based, online or via telephone, depending on client availability.

Advocacy - Emotional and practical support through the criminal justice process, tailored to individual needs, including offering a family approach to support where needed as well as working directly with the child or young person where required.

Family work - Psychoeducation and emotional support for non-abusing parents and caregivers. Provides a blended approach of 1-1 sessions, prior to a group work setting.

Prevention - Whole school prevention education offer including seven session education programme for students, and CPD for whole school staff and Designated Safeguarding Leads (DSLs). Policy reviews are available on request alongside information sharing sessions for parents.

How to refer

Referrals can be made via the ARCH website. We accept professional referrals, and self-referrals.

Requests for prevention education can be made via prevention@archteesside.org



Established in 1992 following the Cleveland Child Sexual Abuse Crisis, Barnardo's Sunrise Therapy Service has delivered over 30 years of specialist, trauma-informed therapy for children and young people aged 3-19 affected by sexual abuse and sexual trauma. Access to support is not dependent on disclosure, recognising that many children and young people may be unable to talk about their experiences. Co-produced with children and young people, our new identity represents hope, recovery and new beginnings. Our aim is to ensure every

Barnardo's Sunrise Therapy

[Sunrise Therapy Service | Barnardo's](#)

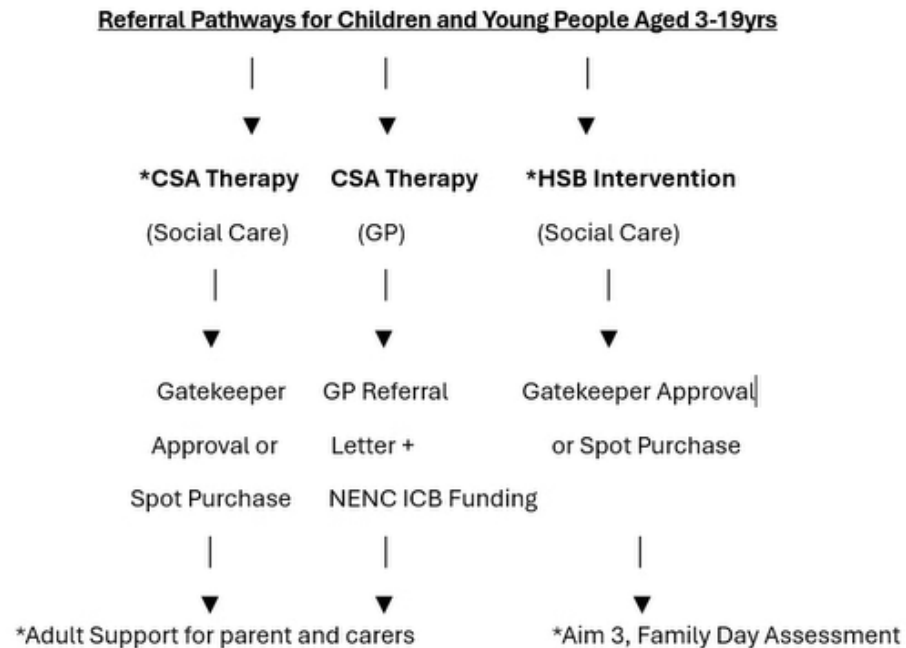
sunrisetherapyservice@barnardos.org.uk

01642 300774

child and young person receives the right support at the right time, helping them to heal, feel safe, strengthen their emotional wellbeing, build resilience and develop effective coping strategies for the future.

Sunrise Therapy Service provides:

- Child Sexual Abuse (CSA) Trauma Therapy
- Harmful Sexual Behaviour (HSB) Interventions
- AIM3 Assessments
- Family Day Assessments
- Adult Support for parents and carers impacted by their child's experience of CSA



How to access Sunrise Therapy Service

	If a child has a social worker then social care can refer the child and family to our service following approval from Local Authority Gatekeepers. If there is no social care involvement we can receive referrals from GPs if funding has been secured through a funding panel. A referral form and service leaflets can be downloaded on our service information webpage Sunrise Therapy Service Barnardo's Any referral enquire telephone 01642 300774 email: sunrisetherapyservice@barnardos.org.uk
 <u>HALO Project</u> By and For BME specialist domestic and sexual abuse charity Forced Marriage and Honour Based Violence Charity - Halo Project info@haloproject.org.uk 01642 683 045	BME specialist safeguarding charity that supports women and girls that have been subject to domestic and sexual abuse. They specialise in honour-based abuse, forced marriage and female genital mutilation. They provide Outreach support directly to victims in the Cleveland area. Support can be provided for children aged 11-16 with social services involvement. How to refer Referrals can be made via the HALO website. We accept survivor and professional referrals The Halo Project operate a national specialist support line. Support and advice is independent, confidential and non-judgmental. Survivors or professionals can contact The Halo Project on 01642 683045 or email info@haloproject.org.uk for further information.
	Provide therapeutic support for children and young people aged between 4-17 years in Redcar who have experienced childhood sexual abuse (CSA). Therapy can be provided at Redcar base where they have Children and young people rooms or via schools where that is more appropriate. Referrals are accepted from all agencies, education providers, self – referrals and from parents / guardians.



EVA Women's Aid

[Home - EVA Women's Aid](#)

01642 490677
info@eva.org.uk

How to refer

Referrals can be made via the EVA website. We accept professional referrals, self-referrals and parents/guardians