

Signposting

Gateshead Services

0-19 Children's Services

Website: www.hdft.nhs.uk

Telephone: 0300 003 1918

The team can assist with a number of issues:

- Bowel and Bladder
- Sleep support
- Healthy lifestyle
- Behaviour
- Emotional resilience
- SEND support
- Low level anxiety
- Low mood
- Self esteem
- Bullying and Friendships
- Emotional Regulation

They cannot support

- Self harm
- Suicidal thought
- Trauma

If you need support with the above, please contact the Single Point of Access, or the Crisis Team:

Single point of access: 0303 123 1147

Crisis team: 0191 814 8899

Bullying & Online Safety

Email: VictoriaBruce@gateshead.gov.uk

Safeguarding

Email: VictoriaCramman@gateshead.gov.uk

Positive Futures

Young People's Drug and Alcohol Service

Website:

www.changegrowlive.org/positive-futures-gateshead

Telephone: 0191 4601354

Email: gatesheadYP.Info@cgl.org.uk

Gateshead Domestic Abuse Team

Domestic Abuse 24 hour helpline

Website: www.gateshead.gov.uk/Domesticabuse

Telephone: 0191 433 3333

Young Women's Outreach

Specialist youth work provision for young women and young mothers aged 11 - 19 years to build confidence, self-worth and opportunity in a safe and nurturing environment.

Website: www.ywop.co.uk

Call: 0191 477 7759

Someone Cares

Someone Cares provides one to one counselling and support to those who have experienced sexual or domestic violence (aged 11 years and over).

Website: someonecares.org.uk

Call: 0191 2578094

Papyrus

A charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people.

Website: www.papyrus-uk.org

Hopeline 24/7

Telephone: 08000 668 41 41

Rise

Mental health in schools service

Website: rise.childrenssociety.org.uk

Young Minds

A mental health charity for children, young people and their parents.

Website: www.youngminds.org.uk

Parents helpline: 0808 802 5544
(Monday - Friday, 9.30am - 4pm)

Streetwise

Providing support services for young people aged 11-25 (including community safety / use of weapons)

Website: www.streetwisenorth.org.uk

Gateshead Stop Smoking Service

Telephone: 0191 433 3058

Email: smokefree@gateshead.gov.uk

Gateshead Sexual Health Service

Website: www.gatesheadsexualhealth.co.uk

Telephone: 0191 283 1577

Gambling

Email: JuliaSharp@gateshead.gov.uk

Telephone: 0191 433 2940

Caregivers Connected Gateshead

Website: caregiversconnectedgateshead.co.uk

Email: info@caregiversconnectedgateshead.co.uk

Free Phone: 0808 801 0350

WhatsApp or Text: 07740 41 0 314

Youth Focus: North East

Website: youthfocusne.org.uk

Telephone: 0191 477 9966

North East Young Lads and Dads

Supporting young dads and fathers-to-be aged under 25 in Gateshead, South Tyneside and Sunderland.

Website: www.neydl.uk

Telephone: 07990 164 449



Early Help Offer

Online offer

www.gateshead.gov.uk/earlyhelp

Health Relationships Pathway

0191 433 5129

parenting@gateshead.gov.uk

Family Hubs

0191 433 6310

Familyhubs@gateshead.gov.uk

Family intervention

0191 433 5019/ 3319

earlyhelp@gateshead.gov.uk