



# Making Mental Health Everybody's Business

A Practitioners Guide

September 2019



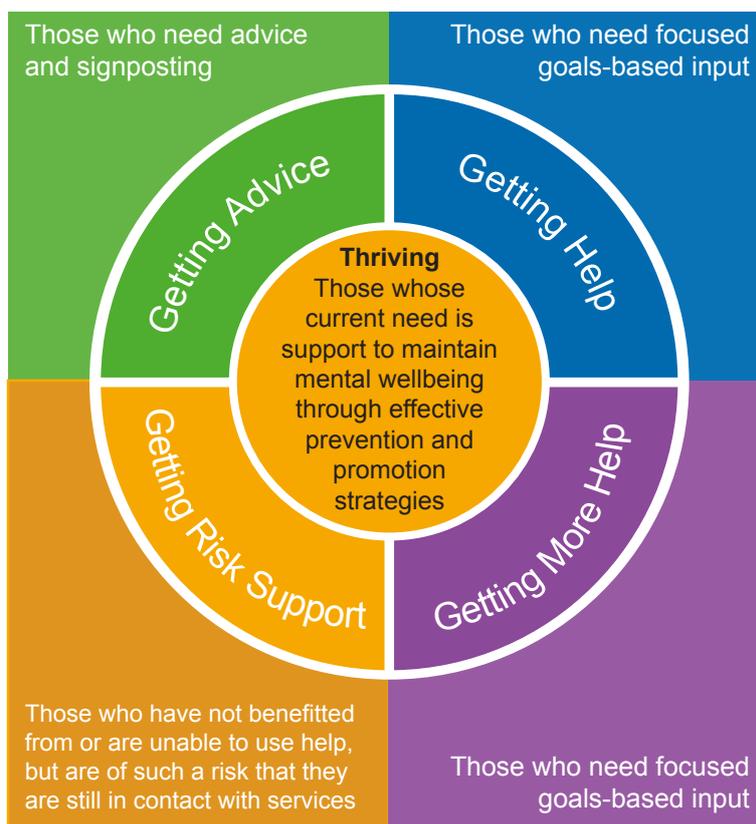
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# Making Mental Health Everybody's Business

Mental health is everybody's business but often it can be difficult to know what support and services are available for children, young people and their families. Using the Thrive Framework, this document aims to help practitioners navigate the system, identify what resources are available and how to access them in line with the appropriate level of need.

The THRIVE Framework describes the mental health and wellbeing needs of children, young people and families in five needs-based groupings:



Additional information on the THRIVE framework is available here: [THRIVE Framework 2019](#)

The information provided in this document is not an exhaustive list and some areas of resource may cross into other areas of the THRIVE quadrant. All provision listed is free at the point of entry unless otherwise stated.

Information on wider provision for children and families is available via the Families Information Service [www.countydurhamfamilies.info](http://www.countydurhamfamilies.info)

## County Durham Families Information Service

The list includes information on some of the resources and services available for those over the age of 18. This is not an exhaustive list. Further information and information on other resources available can be found on [Durham Locate](#).

## Getting Advice

Those who need advice and signposting, includes those with mild or temporary difficulties and those with fluctuating or ongoing severe difficulties, who are managing their own health and not wanting or requiring goals-based specialist input. Information is shared so that it empowers young people and families to find the best ways of supporting their mental health and wellbeing.

Getting Advice for Under 18 Years		
Resource	Additional Information	How to access
Deliberate Self-harm Guidance	Durham's Self-Harm Guidance for Professionals working with children and young people is for practitioners who support children and young people who self-harm or express thoughts about this or about suicide.	W: <a href="http://www.proceduresonline.com/durham/scb/p_self_harm.html">www.proceduresonline.com/durham/scb/p_self_harm.html</a>
Childline	Telephone support line with access to 1-2-1 counsellor chat and an online resource providing information, advice and guidance including tips and techniques to help make young people feel more in control.	W: <a href="http://www.childline.org.uk">www.childline.org.uk</a> T: 0800 11 11
Special Educational Needs Disability (SEND) local offer	A summary of strategic and operational education activity in the area of social, emotional and mental health.	W: <a href="http://www.countydurhamfamilies.info/kb5/durham/fsd/localoffer.page">www.countydurhamfamilies.info/kb5/durham/fsd/localoffer.page</a>
Families Information Service (FIS)	A free information service for families of children and young people ages 0–20.	W: <a href="http://www.countydurhamfamilies.info">www.countydurhamfamilies.info</a>
Recovery College Online	Providing a range of online educational courses and resources to people with experience of mental illness, from service users to their family, friends and staff.	W: <a href="http://www.recoverycollegeonline.co.uk/">www.recoverycollegeonline.co.uk/</a>
Anna Freud Centre for Children and Young People	Resources for children, young people, parents/carers/practitioners in relation to mental health and wellbeing.	W: <a href="http://www.annafreud.org/">www.annafreud.org/</a>
Time to Change	Local provision to tackle mental health stigma and discrimination.	W: <a href="http://www.time-to-change.org.uk/pledgewall/organisations/durham-county-council">www.time-to-change.org.uk/pledgewall/organisations/durham-county-council</a>
Young Minds	Help and support for children, young people, parents/carers and professionals in relation to young people's mental health.	W: <a href="http://www.youngminds.org.uk/">www.youngminds.org.uk/</a>
MindEd	MindEd is a free educational resource on children and young people's mental health for all adults.	W: <a href="http://www.minded.org.uk/">www.minded.org.uk/</a>
Headspace	Online resource that supports with a range of issues including stress, sleep and anxiety.	W: <a href="http://www.headspace.com/">www.headspace.com/</a>
Mental Health North East	Mental Health North East, a charity that works to improve and protect mental health services in the region.	W: <a href="http://www.mhne.org.uk/">www.mhne.org.uk/</a>

## Getting Advice for Under 18 Years

Resource	Additional Information	How to access
Kooth	XenZone is a provider of online mental health services for children, young people and adults. Kooth, from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and is free to children and young people living in County Durham.	W: <a href="http://www.kooth.com/">www.kooth.com/</a>
Durham Educational Psychology Service	All County Durham Schools have a link Educational Psychologist (EP) who can advise where there are concerns about the mental health and resilience of a child or young person.	To contact the school's link Educational Psychologist (EP): E: <a href="mailto:epsdurham@durham.gov.uk">epsdurham@durham.gov.uk</a> T: 03000 263 333
Mental Health County and Locality Networks	These forums have been established to bring together services, schools and colleges to share good practice, raise awareness of local support, problem solve, practice constraints, and provide professional development support. They meet on a termly basis.	E: <a href="mailto:info@investinginchildren.net">info@investinginchildren.net</a> T: 0191 307 7030
Youth Aware of Mental Health (YAM)	Resilience programme offered to all schools in the County for Year 9 pupils.	To request Youth Aware of Mental Health (YAM) is delivered in your school: E: <a href="mailto:epsdurham@durham.gov.uk">epsdurham@durham.gov.uk</a> T: 03000 267 800

## Getting Advice for Over 18 Years

Resource	Additional Information	How to access
Mind	Mind provide information and support for those living with or supporting someone with a mental health problem. They have information on conditions, treatment options, advice on support and services and tips for everyday living.	W: <a href="http://www.mind.org.uk/">www.mind.org.uk/</a>
Headspace	Online resource that supports with a range of issues including stress, sleep and anxiety.	W: <a href="http://www.headspace.com/">www.headspace.com/</a>
Durham Locate	Durham Locate is the place to find information about adult care and support in County Durham. There is a search facility to enable users to find information about leisure and community activities, products and services to help at home, to help people stay healthy, and enable them to live their life the way they want.	W: <a href="http://www.durhamlocate.org.uk/">www.durhamlocate.org.uk/</a>
Rethink Mental Illness	Provide advice and information including about living with mental illness and rights and restrictions. They also provide advice and information for carers and a range of advocacy services.	W: <a href="http://www.rethink.org/">www.rethink.org/</a>
Durham Cree	The CREE is a range of projects set up to help reduce social isolation. Based on the 'Men's Sheds' idea, there are also groups set up for women and young people.	W: <a href="http://www.eastdurhamtrust.org.uk/cree">www.eastdurhamtrust.org.uk/cree</a>
Mental Health North East	Mental Health North East, a charity that works to improve and protect mental health services in the region.	W: <a href="http://www.mhne.org.uk/">www.mhne.org.uk/</a>
Recovery College Online	The Recovery College Online provides a range of online mental health educational course and resources. The content has been developed by people with experience of mental illness.	W: <a href="http://www.recoverycollegeonline.co.uk">www.recoverycollegeonline.co.uk</a>
Sane	A national charity providing information and emotional support to anyone effected by mental illness. Open 4.30pm – 10.30pm daily.	W: <a href="http://www.sane.org.uk">www.sane.org.uk</a> T: 0300 304 7000
Autism Helpline	Dedicated helpline for people with Autism. Open Monday – Thursday 10:00am – 4:00pm, Friday 9:00am-3:00pm. (excluding bank holidays).	T: 0808 800 4104
Anxiety UK	Support for those living with anxiety-based depression by providing information, support and understanding.	W: <a href="http://www.anxietyuk.org">www.anxietyuk.org</a> E: <a href="mailto:support@anxietyuk.org.uk">support@anxietyuk.org.uk</a> T: 08444 775 774
CRUSE	Provides people who have recently lost a loved one with information and support on grief and legal matters.	W: <a href="http://www.cruse.org.uk">www.cruse.org.uk</a> T: 08088 081 677

## Getting Help

Those who need focused goals-based input, including children, young people and families who would benefit from focused, evidence-based help and support. An intervention is any form of help related to a mental health need in which a paid-for professional takes responsibility for input directly with a specified individual or group. The professional may not necessarily be a trained mental health provider but may be a range of people who can provide targeted, outcomes-focused help to address the specific mental health issue.

Getting Help for Under 18 Years		
Resource	Additional Information	How to access
Child & Adolescent Mental Health Service (CAMHS) Single Point of Access (SPA)	The SPA offers a range of therapeutic services for children, young people and their families who experience moderate to severe emotional/mental health problems, including direct and indirect clinical work through consultation and training.	E: <a href="mailto:tewv.camhscountydurhamdarlington@nhs.net">tewv.camhscountydurhamdarlington@nhs.net</a> T: 0300 123 9296.
Resilience Nurses	Five experienced nurses in County Durham, providing care for young people aged 5-19 years regarding emotional health including advice/guidance, targeted group work, rolling programmes and staff training.	W: <a href="http://www.facebook.com/emotionalresiliencenurses/">www.facebook.com/emotionalresiliencenurses/</a> E: <a href="mailto:n.harmer@nhs.net">n.harmer@nhs.net</a> T: 07500 783 634
One Point Family Centres	Each One Point Family Centre offers a range of group-based interventions for young people that aim to improve emotional wellbeing, confidence and self-esteem; these are often based on 'chill skills'.	W: <a href="http://www.durham.gov.uk/familycentres">www.durham.gov.uk/familycentres</a>
Strengthening Families programmes	Strengthening Families Programme is a parenting and family strengthening programme for families with children aged between 10 and 14 years. The programme consists of seven weekly sessions lasting two hours each. During the programme, families learn how to communicate effectively as well as specific skills such as parental limit setting and child resistance to peer pressure.	To request support from the Strengthening Families Programme please contact your local One Point Family Centre for more details.  W: <a href="http://www.durham.gov.uk/familycentres">www.durham.gov.uk/familycentres</a>
Team Around the School (TAS)	TAS is offered to all secondary schools, it is a group based programme that is designed to support vulnerable pupils with low level emotional wellbeing and self-esteem concerns.	For further information regarding Team Around the School (TAS) please contact your local One Point Family Centre for more details.  W: <a href="http://www.durham.gov.uk/familycentres">www.durham.gov.uk/familycentres</a>

## Getting Help for Under 18 Years

Resource	Additional Information	How to access
Emotional Wellbeing and Effective Learning Team (EWEL)	<p>The Emotional Wellbeing and Effective Learning Team (EWEL) is a multi-disciplinary group of psychologists, advisory and inclusion teachers, counsellors and inclusion support workers within Durham's Educational Psychology Service. The team work closely with local schools on an individual, Communities of Learning and Behaviour Partnership basis to improve the wellbeing, achievement and resilience of vulnerable young people; and to support schools to effectively meet the needs of this group of learners.</p> <p>A wider range of support is available including assessment and consultation packages, intervention support, research and development work, and professional development support.</p>	<p>W: <a href="http://www.countydurhamfamilies.info/kb5/durham/fsd/organisation.page?id=HZzS1fMJJKQ&amp;">www.countydurhamfamilies.info/kb5/durham/fsd/organisation.page?id=HZzS1fMJJKQ&amp;</a>            E: <a href="mailto:epsdurham@durham.gov.uk">epsdurham@durham.gov.uk</a>            T: 03000 263 333</p>
Triple P	<p>Triple P is a positive parenting programme, developed by Psychologists that helps parents better understand the messages they give their teenager/child and how they can influence their behaviour as a result.</p>	<p>To request a place contact:            E: <a href="mailto:fip@durham.gov.uk">fip@durham.gov.uk</a>            E: <a href="mailto:HousingSolutions@durham.gov.uk">HousingSolutions@durham.gov.uk</a>            T: 03000 268 000            T: 07789 943 011</p>
Staying Cool	<p>Staying cool is a 1-day course for adults and teenagers that explores emotion, anger and aggression.</p>	<p>E: <a href="mailto:fip@durham.gov.uk">fip@durham.gov.uk</a></p>
Durham Educational Psychology Service	<p>All County Durham Schools have a link Educational Psychologist (EP) and almost all access extended services including consultation, assessment, intervention and training relating to the mental health and resilience of a child or young person.</p>	<p>To contact the school's link Educational Psychologist (EP):            E: <a href="mailto:epsdurham@durham.gov.uk">epsdurham@durham.gov.uk</a>            T: 03000 263 333</p>
Behaviour Partnership Panels	<p>Primary and secondary schools in Durham have access to school led and agency supported panels where there are concerns that a young person's needs may result in permanent exclusion.</p> <p>These panels can offer advice and, in some instance, additional access to resources and support to promote the successful inclusion of these young people, and access to appropriate educational provision.</p>	<p>T: 03000 265 903</p>

## Getting Help for Under 18 Years

Resource	Additional Information	How to access
Durham Resilience Programme (DRP)	<p>This programme is offered to all schools in County Durham on a rolling programme. DRP supports schools to understand the relationship between resilience, well-being and achievement and helps them to develop and implement a local response within their school and community contexts.</p> <p>Support is provided over a 12-month period and includes training workshops, support to complete an audit, focus group work with children and young people, access to advice in relation to areas of interest or need, and support to review impact of actions taken.</p>	<p>E: <a href="mailto:epsdurham@durham.gov.uk">epsdurham@durham.gov.uk</a> T: 03000 263 333</p>
Active 30 Durham	<p>The Active 30 Durham Hub aims to provide schools with a centralised bank of resources to support schools to achieve the Active 30 agenda. The Hub includes national and local resources, useful videos, documents, research and case studies to help schools to make their school day active for every child. The Hub will be updated on an ongoing basis with new resources and case studies.</p>	<p>W: <a href="http://www.active30durham.org.uk">www.active30durham.org.uk</a> <a href="http://active30durham/">active30durham/</a></p>
Rollercoaster Support Group	<p>A support group for parents/carers who are supporting a child or young person with any kind of emotional or mental health issue.</p>	<p>W: <a href="http://www.twitter.com/RollercoasterPS">www.twitter.com/RollercoasterPS</a> W: <a href="http://www.facebook.com/rollercoasterparentsupport">www.facebook.com/rollercoasterparentsupport</a> E: <a href="mailto:parentsupport@success.coop">parentsupport@success.coop</a> T: 07415 380 040</p>
Young Adult Support Café - Waddington Street Durham and Newton Aycliffe	<p>Young Adult Support Café (YASC) is an informal emotional wellbeing peer support weekly drop in session which supports young adults aged 16-21 transition from Children's to Adults Services.</p>	<p>E: <a href="mailto:info@investinginchildren.net">info@investinginchildren.net</a> T: 0191 307 7030</p>
The Jigsaw Project - St Cuthbert's Bereavement Service	<p>A counselling service for children and young people who have experienced grief, loss and bereavement. We offer support around life-limiting illnesses and palliative care, unexpected or sudden death including suicide, road traffic accidents and murder.</p>	<p>W: <a href="http://www.stcuthbertshospice.com/166/3/Childrens-Bereavement-Service">www.stcuthbertshospice.com/166/3/Childrens-Bereavement-Service</a> E: <a href="mailto:thejigsawproject@stcuthbertshospice.com">thejigsawproject@stcuthbertshospice.com</a> T: 0191 374 6183</p>
Humankind LGBTQI+ Health and Wellbeing Service	<p>The health and wellbeing service offer LGBTQI+ young people access to sexual health services, social groups, family support, 1-1 support and training and awareness raising sessions for other organisations.</p>	<p>W: <a href="https://www.humankindcharity.org.uk/service/lgbt-health-and-well-being-aged-15-25">https://www.humankindcharity.org.uk/service/lgbt-health-and-well-being-aged-15-25</a> T: 01325 731 160</p>

## Getting Help for Under 18 Years

Resource	Additional Information	How to access
Durham Safeguarding Children Board Procedures Manual	Procedures, practice guidance and safeguarding arrangements for County Durham.	W: <a href="http://www.proceduresonline.com/durham/scb/contents.html">www.proceduresonline.com/durham/scb/contents.html</a>
GPs	GP's are there to help and support with all aspects of emotional wellbeing and mental health support. They are often the first point of entry for a range of support services this includes access to talking therapies and more specialist provision.	Contact your local GP directly. If you are unsure of who your GP provider is use the GP Finder website:  W: <a href="https://www.nhs.uk/Service-Search/GP/LocationSearch/4">https://www.nhs.uk/Service-Search/GP/LocationSearch/4</a>
Talking Changes	Talking changes offers free and confidential talking therapies and counselling to those who are: <ul style="list-style-type: none"> <li>• Aged 16 or over</li> <li>• Live in County Durham or Darlington</li> <li>• Experiencing a common mental health problem such as; depression, generalized anxiety, specific phobias, panic, obsessive compulsive disorder or post-traumatic stress disorder for example.</li> <li>• Not already accessing adult mental health service</li> </ul>	Talking Changes can be accessed through a self-referral or by your GP.  W: <a href="http://www.talkingchanges.org.uk/">www.talkingchanges.org.uk/</a>
Durham County Voluntary and Community Sector (VCS) Alliance	The overall aim of the Voluntary and Community Sector (VCS) Alliance is to improve outcomes for vulnerable children, young people and their families by further developing the links between Durham County Council's Children's and Young Peoples Services and the Voluntary and Community Sector.  VCS Alliance workers link with the local VCS organisations and enable families to participate in activities and support services within their own area.	E: <a href="mailto:vcsalliance@durham.gov.uk">vcsalliance@durham.gov.uk</a>

## Getting Help for Over 18 Years

Resource	Additional Information	How to access
GPs	GP's are there to help and support with all aspects of emotional wellbeing and mental health support. They are often the first point of entry for a range of support services this includes access to talking therapies and more specialist provision.	Contact your local GP directly. If you are unsure of who your GP provider is use the GP Finder website.  W: <a href="http://www.nhs.uk/Service-Search/GP/LocationSearch/4">www.nhs.uk/Service-Search/GP/LocationSearch/4</a>
Talking Changes	Talking changes offers free and confidential talking therapies and counselling to those who are: <ul style="list-style-type: none"> <li>• Aged 16 or over.</li> <li>• Live in County Durham or Darlington.</li> <li>• Experiencing a common mental health problem such as; depression, generalized anxiety, specific phobias, panic, obsessive compulsive disorder or post-traumatic stress disorder for example.</li> <li>• Not already accessing adult mental health service.</li> </ul>	This can be through a self-referral or by your GP.  W: <a href="http://www.talkingchanges.org.uk/">www.talkingchanges.org.uk/</a>
Waddington Street Durham	Provide a wide range of informal educational activities and support services for those who are over 18.	W: <a href="http://www.waddingtoncentre.co.uk/">www.waddingtoncentre.co.uk/</a>
Humankind LGBTQI+ Health and Wellbeing Service	The health and wellbeing service offer LGBTQI+ young people access to sexual health services, access to social groups, family support, 1-1 support and training and awareness raising sessions for other organisations.	W: <a href="https://www.humankindcharity.org.uk/service/lgbt-health-and-well-being-aged-15-25">https://www.humankindcharity.org.uk/service/lgbt-health-and-well-being-aged-15-25</a> T: 01325 731 160
Durham Safeguarding Adults Interagency Partnership	The website includes information for the public and links to a number of resources for practitioners, including what to do when it is suspected that an adult with care and support needs is a victim of abuse. The Safeguarding Adults policy and procedure can also be accessed via the website.	W: <a href="http://www.safeguardingdurhamadults.info">www.safeguardingdurhamadults.info</a>
Rethink Mental Illness	Provide a range of advocacy services for adults.	W: <a href="http://www.rethink.org/">www.rethink.org/</a>
Support & Recovery	Support & Recovery provide support for adults with mental health issues. People can self-refer into the service. Details are available on the Durham County Council website (floating support). The service provides a wide range of support services, available on a one to one basis and through community support hubs. Where someone does not meet the criteria for the service they will signpost the person to other services.	W: <a href="http://www.durham.gov.uk/cfs">www.durham.gov.uk/cfs</a>

## Getting More Help

Those who need more extensive and specialised goals-based help. It includes those young people and families who would benefit from extensive intervention. This might include children with a range of overlapping needs that mean they may require greater input, such as the coexistence of autistic spectrum disorder (ASD), major trauma or broken attachments.

Getting More Help Under 18 Years		
Resource	Additional Information	How to access
CAMHS	CAHMS offers a range of therapeutic services for children, young people and their families who experience moderate to severe emotional/mental health problems, including direct and indirect clinical work through consultation and training.	****For Children who are Looked After, access through Social Worker/Full Circle Only***** CAHMS Single Point of Access T: 03001 239 296
Team Around the Family	Families that require support from more than one agency can have their needs co-ordinated by a Lead Professional through Team Around the Family (TAF) arrangements. TAF meetings are usually held every 4 – 6 weeks, attended by key workers and family members who are responsible for providing a package of care, designed with the family and monitored through a single, multi-agency Family Plan.	W: <a href="http://www.durham-scp.org.uk/professionals/early-help-and-neglect/single-assessment-procedures/">www.durham-scp.org.uk/professionals/early-help-and-neglect/single-assessment-procedures/</a>
One Point	The One Point Service provides early help and intervention for families with a range of complex needs. Support may be offered through the Intensive Family Support Teams or through the One Point Family Centres. To access support from the One Point Service use the Children's Services Referral Form.	W: <a href="http://www.durham-scp.org.uk/professionals/">www.durham-scp.org.uk/professionals/</a>
The Full Circle	The Full Circle provides a post-trauma service for children and young people who are receiving a service from Children and Young People's Services up to 18 years of age and/or their families and carers. The age range is extended to 25 for care leavers and those eligible for Adoption Support Fund.  The service is for children and young people who have experienced trauma as a result of abuse or neglect, where the impact of this trauma continues to affect day to day functioning and emotional wellbeing. The need for therapeutic support should be identified by professionals as part of a current plan.  Those eligible: next page	Requests for support can only be made by Local Authority Children's Service's staff however a Duty Worker is available 9.00 a.m. to 1.00 pm. Telephone initial discussions about the referral criteria or suitability of the service are welcome.  T: 03000 264 730  Referral/consultation forms are available in the Forms section of Liquid Logic.

## Getting More Help Under 18 Years

Resource	Additional Information	How to access
The Full Circle continued	<p>Those eligible:</p> <ul style="list-style-type: none"> <li>• Children and young people who are Looked After by Durham County Council and young people who are care leavers.</li> <li>• Children in Need including those with a mild learning disability and children who are subject to a Child Protection Plan, provided they are now in a safe, supportive environment.</li> <li>• Adopted children and children subject to a Special Guardianship Order who may be eligible for Adoption Support Funding (i.e. previously Looked After).</li> <li>• The child/young person must be allocated to a Social Work team or the One Point Service (for adopted or SGO families) therefore should be signposted to First Contact if they have come via any other route (e.g. telephone call to the Adoption team).</li> </ul>	
Talking Changes	<p>Talking changes offers free and confidential talking therapies and counselling through a progressive model of care to those who are:</p> <ul style="list-style-type: none"> <li>- Aged 16 or over.</li> <li>- Live in County Durham or Darlington.</li> <li>- Experiencing a common mental health problem such as; depression, generalized anxiety, specific phobias, panic, obsessive compulsive disorder or post-traumatic stress disorder for example.</li> <li>- Not already accessing adult mental health service.</li> </ul>	W: <a href="http://www.talkingchanges.org.uk/">www.talkingchanges.org.uk/</a>

## Getting More Help Over 18 Years

Resource	Additional Information	How to access
Access to Secondary Mental Health Services for 18+	TEWV and DCC provide integrated community mental health services on behalf of both organisations. The Access service is available via a GP referral, self-referral or via Social Care Direct. The access service will act as triage and signpost to the relevant services.	Access to the service is via a GP referral or Self-referral W: <a href="http://www.nhs.uk/Service-Search/GP/LocationSearch/4">www.nhs.uk/Service-Search/GP/LocationSearch/4</a> W: <a href="http://www.durham.gov.uk/socialcaredirect">www.durham.gov.uk/socialcaredirect</a>
Talking Changes	Talking changes offers free and confidential talking therapies and counselling through a progressive model of care to those who are: <ul style="list-style-type: none"> <li>• Aged 16 or over</li> <li>• Live in County Durham or Darlington</li> <li>• Experiencing a common mental health problem such as; depression, generalized anxiety, specific phobias, panic, obsessive compulsive disorder or post-traumatic stress disorder for example.</li> <li>• Not already accessing adult mental health service</li> </ul>	W: <a href="http://www.talkingchanges.org.uk/">www.talkingchanges.org.uk/</a>
Early Intervention/ psychosis and Community Intervention teams	Both services are accessed using the Access service unless a referral is received via inpatient services.	
Social Care Direct	Social Care Direct is the access point for adults into Durham County Council Adult and Health Services. They take referrals for Care Act assessments and offer information and advice to help people live as independently as they can.	W: <a href="http://www.durham.gov.uk/socialcaredirect">www.durham.gov.uk/socialcaredirect</a>
Psychiatric Liaison Nurses (TEWV)	Part of the crisis service and based in general hospitals. They will pick up referrals from A & E and wards.	

## Getting Risk Support

Those who have not benefitted from or are unable to use the earlier help and support provided but are of such a risk that they are still in contact with services. It is important to note that there are likely to be risk management aspects in all areas of the Thrive process. However, in the context of high concerns but lack of therapeutic progress for those in this group, risk management is the sole focus.

Children or young people in this grouping may have some or many of the difficulties outlined in Getting Help or Getting More Help above but, despite extensive input, they or their family are currently unable to make use of the help, more help or advice and they remain a risk to self or others. Children, young people and families in this grouping are likely to have contact with multiple-agency input such as from social services and youth justice.

This grouping comprises those children, young people and families who are currently unable to benefit from evidence-based treatment but remain a significant concern and risk. This group might include children and young people who routinely go into crisis but are not able to make use of help offered, or where help offered has not been able to make a difference; who self-harm; or who have emerging personality disorders or ongoing issues that have not yet responded to interventions.

Getting Risk Support Under 18 Years		
Resource	Additional Information	How to access
CAHMS Crisis Team	The Durham and Darlington CAMHS crisis and liaison team provide mental health support to young people (up to the age of 18) who are experiencing a crisis with their mental health. A team of qualified mental health nurses cover the whole of County Durham and Darlington, providing a 24 hour service 7 days a week, 365 days per year.	T: 0191 441 5733
Specialist Eating Disorders Team	Specialist eating disorder service for young people up to the age of 18 who have difficulties with eating and weight. This service provides specialised multi-disciplinary assessment, treatment and evaluation for young people and their families and the team includes: <ul style="list-style-type: none"> <li>• Doctors</li> <li>• Psychologist</li> <li>• Mental health nurses</li> <li>• Mental health practitioners</li> <li>• Dietitians</li> </ul>	CAHMS Single Point of Access Tel: 03001 239 296
Children's Services (Social Care)	If you are worried about a risk of significant harm to a child or young person it is essential that you share your concerns by contacting First Contact.	W: <a href="http://www.durham-scp.org.uk/professionals/">www.durham-scp.org.uk/professionals/</a> T: 03000 267 979

## Getting Risk Support Under 18 Years

Resource	Additional Information	How to access
Care Education and Treatment Reviews (CETRs)	<p>Children and young people with a learning disability and/or autism with associated mental health needs are eligible for a Care Education and Treatment Review (CETR).</p> <p>CETR's are called when children and/or young people have been or may be about to be admitted to a specialist mental health / learning disability hospital either in the NHS or in the independent sector. CETRs bring together those responsible for commissioning and providing services with independent clinical opinion and the lived experience of children and young people and families from diverse communities with learning disabilities, autism or both.</p> <p>CETRs are driven by the NHS but the involvement of local authorities and education services in the CETR process and its outcomes is integral to improving care, education and treatment for children and young people with learning disabilities, autism or both and their families.</p>	<p>Referrals can be made by professionals involved in the young persons' care. Families can request for a CETR through their lead professional.</p> <p>E: <a href="mailto:necsu.ctrinfoddt@nhs.net">necsu.ctrinfoddt@nhs.net</a> T: 0191 301 1300</p>

## Getting Risk Support for over 18 Years

Resource	Additional Information	How to access
Safeguarding adults	<p>Where there is a concern that an adult with care and support needs may have been a victim of abuse a safeguarding referral should be made to Social Care Direct. An investigation of the circumstances will then take place, often involving a number of agencies.</p> <p>Where there is an immediate risk to the person's safety the police should be contacted.</p>	<p>W: <a href="http://www.durham.gov.uk/socialcaredirect">www.durham.gov.uk/socialcaredirect</a> T: 03000 267 979</p>
TEWV Crisis Resolution and Intensive Home Treatment	<p>The service provides specialist assessment for people aged 16 years and older who need urgent mental health care.</p>	<p>T: 0191 441 5738</p>
Mental Health Act Assessments	<p>The Mental Health Act is the main piece of legislation that covers the assessment, treatment and rights of people with a mental health disorder. An assessment may be appropriate for people who need urgent assessment and treatment and are at risk of harm to themselves or others, where they may need to be detained in hospital.</p>	<p>T: <a href="http://www.durham.gov.uk/socialcaredirect">www.durham.gov.uk/socialcaredirect</a></p>

# Practitioner Training Opportunities

Service	Training Opportunity	How to access
CAHMS Mental Health Training for Professionals	CAHMS offer a comprehensive training package to professionals which covers the following topics: <ul style="list-style-type: none"> <li>• Attachment Difficulties</li> <li>• Deliberate Self Harm</li> <li>• Eating Difficulties</li> <li>• Low Mood and Depression</li> <li>• Social and Communication Difficulties</li> <li>• Attention Difficulties</li> <li>• Emotional Wellbeing and Communication</li> <li>• Positive Behaviour Support</li> </ul>	W: <a href="http://www.tewv.nhs.uk/referrers-professionals/training/camhs-county-durham-and-darlington/">www.tewv.nhs.uk/referrers-professionals/training/camhs-county-durham-and-darlington/</a> E: <a href="mailto:tewv.countydurhamcamhstraining@nhs.net">tewv.countydurhamcamhstraining@nhs.net</a> T: 0191 594 5794
CAHMS and Education Training for Schools	A joint free training offer from CAMHS and Educational Psychology has been agreed for 2019/20 and is targeted to schools and education settings.  It will cover ADHD, Self-harm, Anxiety, Attachment and Trauma, and Staff Wellbeing, and is delivered from EDC, Spennymoor on a termly basis.	E: <a href="mailto:epsdurham@durham.gov.uk">epsdurham@durham.gov.uk</a> T: 03000 263 333
Durham County Council (employees)  Durham Learning and Development	The DSCP provides a wide range of training courses designed to improve the knowledge and skills of practitioners around the safeguarding of children and young people.	W: <a href="https://durhamcc.learningnexus.co.uk/login/index.php">https://durhamcc.learningnexus.co.uk/login/index.php</a>
Durham Safeguarding Children's Partnership (DSCP)	The DSCP provides a wide range of training courses designed to improve the knowledge and skills of practitioners around the safeguarding of children and young people.	W: <a href="http://www.durham-scp.org.uk/professionals/training-programme/">www.durham-scp.org.uk/professionals/training-programme/</a>
Durham Safeguarding Adults Inter-Agency Partnership	Provides a range of training opportunities for professionals working with vulnerable adults across County Durham.	W: <a href="http://www.safeguardingdurhamadults.info/">www.safeguardingdurhamadults.info/</a>

