

THE GETTING HELP (SINGLE POINT OF ACCESS) SERVICES

Barnardo's Independence Project

Provide up to 6 month's worth of support to 12-18 year olds living in Newcastle, who are stepping down from Tier 3 Mental Health Services.

Offering a young person support with the transition out of these services, as well as aiming to prevent them returning back to them.

The support concentrates on emotional wellbeing through a social prescribing model and is tailored to wherever somebody feels most comfortable e.g. school, home or somewhere out in the community.

Kooth

Offer online counselling services for young people aged 11-18 years, providing an early response to, and identification of emotional wellbeing and mental health problems.

The support is safe, online, anonymous, and self-referral based so there are no waiting lists or thresholds to meet. The offer is centered around therapeutic choice, offering a full mental health toolkit - giving users the opportunity to choose what kind of support works for them. This includes self help resources, community support & professional support.

Kalmer Counselling

Kalmer are commissioned to work with children and young people with a learning disability and learning difficulty but are also commissioned to work with those that are awaiting for a Neurodevelopmental assessment.

Provide counselling to children and young people, aged 9-25, with learning disabilities and difficulties in Newcastle.

North East Counselling

Deliver one to one counselling using a variety of therapy techniques. It's a counselling service for ages 4+ in relation to depression, anxiety, bullying, self-harming, loss and bereavement.

Barnardo's Orchard Mosaic

Provides a counselling service for children and young people 5-18 who have experienced bereavement or sexual harm. They are a team of therapists who offer different types of support including talk therapy, messy play, art therapy, use of cognitive behaviour techniques and specialist support for young people diagnosed with PTSD.

Sessions can be face to face or virtual either from the Therapy building in Newcastle or in the Community such as School or Early Help settings.

The work is child directed which places the child or young person in the driving seat, the team help the child or young person think about positive people that can help them through tough times, helping the child or young person identify their strengths and each session will involve feedback from the child or young person to make sure they have been listened to and the sessions work for them.

Children North East

Provides a one to one counselling service for 9-25 year olds who are struggling with their mental health, utilising a variety of therapy techniques.

Some of the things they can support with are coping with depression, anxiety, bullying, self-harming, loss and bereavement.

The counsellors can meet wherever young people feel safe and are currently available evenings and Saturday mornings too.

Streetwise

Provides early help and support to young people aged 11 - 25 who are experiencing mild to moderate mental health or emotional wellbeing difficulties, including anxiety, low mood, anger, stress, bereavement and low self-esteem.