**Children and Young People’s Primary Care Mental Health Service**

[Children and Young People's Primary Care Mental Health Service: South Tyneside and Sunderland Mental Health Services](https://www.stsftmentalhealth.nhs.uk/our-services/gateshead/children-and-young-peoples-primary-care-mental-health-service)

**Information for parents/carers**

We aim to see families in their local area. Usually within GP surgeries, libraries and community buildings.

We have excellent links with:

* Schools
* GPs
* Health Visitors
* School Nurses
* Paediatricians
* Other specialist services

We also work as part of a larger group who specialise in Child and Adolescent Mental Health provision.

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**How we can help**

We offer support through:

* Drop-ins
* Local health promotion events
* Training for professionals
* Advice and consultation​​​​​​

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**Direct Support**

Our team of friendly staff is trained to work with children and young people 4-18 years old. They also collaborate with parents and care givers.

We offer support to manage a range of thoughts, feelings and behaviours. These may include:

* Worries and fears
* Sadness
* Trouble controlling emotions
* Anger and frustration

These issues may impact on school life. They can also affect sleeping and eating patterns.

[Direct support: South Tyneside and Sunderland Mental Health Services](https://www.stsftmentalhealth.nhs.uk/our-services/gateshead/children-and-young-peoples-primary-care-mental-health-service/direct-support)

**How to make a referral**

Referrals are made via the Single Point of Access (SPA) system. The contact number is [**0303 123 1147**](tel:0303%20123%201147).

We work closely with the Gateshead Adult Mental Health Peer Support Service. They offer support to those aged sixteen and over.

If you do not live in Gateshead please contact your GP to discuss support available in your local area.

[How to make a referral :: South Tyneside and Sunderland Mental Health Services](https://www.stsftmentalhealth.nhs.uk/our-services/gateshead/children-and-young-peoples-primary-care-mental-health-service/how-make-referral)

**Answers to questions you may want to ask**

We are often asked a wide range of questions, here at Gateshead Children and Young People's Primary Care Mental Health Service.

Listed below are some questions we come across, with answers that we hope you find helpful.

Remember, there is no such thing as a silly question. If you are unsure about anything, just ask one of the team.

**What services do we provide?**

Children and Young People’s Primary Care Mental Health Service offers support to children aged 4-18 years with mental health difficulties who live in the Gateshead area. We provide friendly and approachable NHS support for children and young people with worries and fears, sadness, emotional dysregulation, anger, and frustration which may impact on their friendships, school life, and sleep, eating patterns and enjoyment in life. We also work in partnership with parents and carers.

**Do I have to pay?**

Our NHS children's and young people's services are free-to-access.

**What is the best way to access our service?**

Currently referrals for children and young people with any mental health problems up to 18 years in Gateshead are made via the **Single Point of Access (SPA): 0303 123 1147.**

We also work closely with the Gateshead Primary Care Network Mental Health Peer Support Team who can offer peer support to ages 16+.**Telephone number: 0191 283 2546**

**What times can I have an appointment?**

Our opening times are usually between 09:00am – 5pm. During your appointment with your allocated therapist, you can discuss treatment times. We do offer after school appointments when available.

**Where can we meet for my appointment?**

We aim to offer to see families in their local area within GP surgeries, libraries and community buildings.

**What if I need to cancel my appointment?**

If you need to cancel an appointment, please let us know as soon as you can or with at least two days’ notice before your appointment. This means that we can offer the appointment to someone else who is waiting. Due to the high demand for our services, we ask that all patients respect our cancellations policy to make sure appointments are available for those in need.

**What happens if I do not attend my appointment?**

If you book an appointment and do not attend, or do not bring your child/young person without giving us notice, you will be sent a letter asking you to get back in touch with us within 7 days. If you do not respond to the request the child/young person will be discharged. If you miss two appointments in a row without contacting us, the child/young person will be discharged.

**Who can attend the appointment with me?**

You can bring a family member with you to your appointment. You can also choose to be seen without a parent or carer if that is what you decide.

**What else can I access?**

We also offer support through drop-in sessions held across Gateshead every month (please see drop in section on website) and you are welcome to attend community health promotion events.

**How will you support other professionals involved in my care?**

With consent we can speak with any professional or service supporting you or the family with your consent. Professionals can also attend Professional drop-in sessions and training delivered by our trained therapists.

**Can I have an appointment, even if I do not live in Gateshead?**

If you live outside of the Gateshead area, please visit your GP surgery to discuss support in your local area.

### **Jargon explained:**

There are many words used in Mental Health services. This page explains some of the common ones that you may have come across.

## **Behavioural Action (BA)**

A therapy to manage low mood to identify things that can help you feel better which involves thinking about things that are important to you and gradually increasing these activities or interests. It also involves using problem-solving skills to help you tackle problems that may affect your mood.

## **CBT: Cognitive Behavioural Therapy**

CBT is a talking therapy where you are supported to identify what you are thinking, how you are feeling, what you notice in your body and what you do (thoughts, feelings, physical sensations, and behaviours) that happen in different situations. You will explore with the therapist ways to work together to try to change the thoughts and behaviours to help you feel better.

## **Low Intensity Cognitive Behavioural Therapy (LI-CBT)**

A therapy to help you manage your difficulties by understanding the links with your thoughts, feelings, and behaviours. This therapy is used to help with a range of difficulties such as low mood, anxiety, phobias and self-esteem and usually you are offered up to six sessions.

## **Decider Skills**

An intervention, typically delivered in a group setting, which teaches 12 skills to children and young people to help empower them to recognise their own thoughts, feeling and behaviours. The intervention aims to improve emotional regulation, reduce impulsive behaviour, and give young people skills to manage their own emotions.

## **Friends Resilience Programme**

FRIENDS are a range of cognitive behaviour therapy (CBT) based programmes designed for groups of different ages of children to build social and emotional skills.

There are parent and carer sessions alongside the children’s group sessions to promote children’s resilience.

Each letter of FRIENDS helps the child and young person learn skills and techniques to manage their challenges:

F – feelings

R – relaxation

I – inner thoughts

E - explore solutions

N - now reward yourself

D - do not forget to practice

S - smile, stay calm and use your support networks).

## **High Intensity Cognitive Behavioural Therapy (HI-CBT)**

A therapy to help you manage your difficulties by understanding the links with your thoughts, feelings, and behaviours. This therapy is used to help with a range of difficulties such as OCD, PTSD, Tics, Selective Mutism, depression, anxiety, phobias and usually you are offered up to ten sessions.

## **Living Life to The Full**

This is an online self-help treatment for anxiety and low mood for children and young people, where you would receive therapist support to access the self-help materials.

## **OSI Grows**

Online Support Intervention (OSI) is an online treatment offered to parents and carers of children aged 5-12 years with anxiety. The therapist meets the parents to discuss the Cognitive Behaviour Therapy (CBT) techniques that the parent can use at home to support their child.

## **PLCBT - Parent Led Cognitive Behavioural Therapy**

PL-CBT aims to empower parents and carers to use strategies and techniques with their child to help them overcome difficulties with anxiety. This is suitable for parents and carers of children aged 5-12. This may be offered in a group or on an individual basis (on request).

### **General words used:**

## **Assessment**

An assessment is a collaborative process to understand the difficulties someone may be experiencing.

## **Capacity**

Capacity or mental capacity is the ability to make decisions for yourself, including being able to make decisions about your care. Sometimes people may ‘lack capacity’ because of certain illnesses, injuries, learning disabilities or mental health problems.

## **Care Plan/Treatment Plan**

A care plan or treatment plan is a map of actions that identifies your needs and strengths as an individual. This plan can help both you and your mental health professional identify what things may be difficult for you, so you can plan goals and treatments together that may be helpful.

## **Confidentiality**

Meaning that any information you provide to mental health services must be kept private unless you consent to it being shared with other people. If there are concerns about your safety or the safety of someone else, confidentiality may be broken. Staff will always try to tell you if they need to share your information with anyone else.

## **Consent**

Saying ‘yes’ to something that affects you. You may also hear ‘informed consent’ which means that you are fully informed and understand what you are saying yes to. If you are unable to consent because of your age or you do not fully understand, we may ask your family/carers to consent on your behalf.

## **Children's Services**

Services provided by local councils to protect and support the needs and welfare of children.

## **Early Intervention**

Early intervention is when a mental health condition is identified and treated at an early stage, which can reduce the long-term impact of the mental health difficulty.

## **Evidence-Based Treatments**

This means when a certain treatment or approach (such as therapy) has been studied or researched and found to work well for certain conditions/difficulties.

## **Formulation**

The therapist you see will help you to develop a shared understanding of you and your families’ presenting issues. The purpose of a formulation is so that everyone involved can understand the individual’s main difficulties, so they can plan on how to deal with or manage them.

## **Goals and Goal-Based Outcomes**

Goals in therapy are about what the individual attending therapy wants to achieve. Goals should be discussed and agreed. Goal-Based Outcomes (GBO’s) are scales, usually 0-10 that helps you and the therapist understand what you would like to be able to achieve from the support, to think about where you are currently at and to help see any improvements made throughout therapy.

## **Intervention**

Another word for support or treatment to help you get better.

## **Outcome Rating Scales (ORS)**

We invite to complete a short questionnaire to share on a scale 0-10 how you are feeling in general about school, friends and family.

## **Safeguarding**

Safeguarding refers to protecting your rights to live safely and to be free from abuse or neglect. Local authorities have a legal duty to protect people who are experiencing or at risk of experiencing abuse or neglect.

## **Session Rating Scale (SRS)**

The SRS is a simple questionnaire asking 4 questions about how much that you felt understood, did you talk about what you wanted to, did the therapist listen to you, and overall, how you found the session- did you like it or do you want anything different next time. There are different versions for different ages: child, youth, and parent versions available.

## **Sign-posting**

Sign-posting is when you are given information regarding a service or services which may be helpful for you.

## **Trauma**

Trauma can happen when a person has gone through a very stressful, frightening, or distressing event. Traumatic events can happen at any age and have a lasting impact. Sometimes people are impacted quickly following a traumatic event, whereas others are not affected for a long time.

## **Risk Assessment**

We will ask questions to identify if there are any risks that may impact you or others, which is regularly updated through your time within treatment.

## **Relapse Prevention**

At the end of therapy support, you are invited to think about what things has helped you feel better, the therapist may suggest writing a staying well plan to help identify your strengths, think about support from others and how to access any future support.

## **Wellbeing**

A state of being happy, healthy, and comfortable. This involves both physical and mental well-being, as they are equally as important.

### **Acronyms Explained:**

* ADHD- Attention Deficient Hyperactivity Disorder
* ASD- Autistic Spectrum Disorder
* CWP – Children & Young People’s Wellbeing Practitioner
* CYP-PCMHS- Children and Young People's Primary Care Mental Health Service
* CYPS - Children and Young People's Service
* OCD- Obsessive Compulsive Disorder
* PCN- Primary Care Network
* PTSD- Post Traumatic Stress Disorder

# Community Mental Health Drop-ins

### **Do you want to talk about your child's mental health?**

We are a team of friendly therapists working with children aged 5-18, and their families. Our drop-in sessions are all over Gateshead. Come along and meet us at one of our free drop-in sessions to:

• talk about your child (4-18) and their needs • get advice and guidance  
• receive tips and resources

We talk about different topics each month, but feel free to talk to us about any concerns, such as:

• Worries and anxiety • Low mood • Support with sleep • Phobias • Behaviour • Confidence • Anger • Stress

Please see below for more information on the dates, times and locations of our drops in.

**Community sleep December Drop-ins** (Posted 22nd October 2024)

**Sleep Drop Ins**

Is your child or someone you work with (aged 5-18 years) struggling with sleep? Why not drop in and meet children’s therapists to discuss what you can do to support? Learn more about strategies to support with phobias. Free resources to take home.

* Venue: The Baltic Centre for Contemporary Art, Gateshead NE8 3BA

Date: Wednesday 4th December

Time: Professionals - 10:00 - 11:00 Parents/Carers –11:00 – 12:00

* Venue: Blaydon Primary Care Centre, Blaydon-on-Tyne NE21 5LS

Date: Thursday 5th December

Time: Professionals – 14:30 - 15:30 Parents/Carers – 15.30 – 16.30

* Venue: Wrekenton Family Hub, Gateshead, NE9 7JR

Date: Friday 6th December

Time: Professionals – 9:30 – 10:30 Parents/Carers – 10:30 – 11:30

* Venue: Christ Church Felling, Gateshead NE10 0HQ

Date: Wednesday 11th December

Time: Professionals – 10:00 – 11:00 Parents/Carers – 11:00 – 12:00

* Venue: The Drop In, Dunston, Gateshead NE8 2QX

Date: Thursday 12th December

Time: Professionals – 09:00 – 10:00 Parents/Carers – 10:00 – 11:00

* Venue: Winlaton Centre, Winlaton, Blaydon NE21 6BY

Date: Thursday 12th December

Time: Professionals – 9:30 – 10:30 Parents/Carers – 10:30 – 11:30

* Venue: Daisy Chain, Team Valley, Gateshead NE11 0BD

Date: Monday 16th December

Time: Professionals – 9:30 - 10:30 Parents/Carers – 10.30 – 11.30

* Venue: Whickham Library, 9 Front St, NE16 4DN

Date: Monday 16th December

Time: Professionals – 14:30 – 15:30 Parents/Carers – 15:30 – 16:30

* Venue: Birtley Library, Birtley, Chester-le-Street DH3 1LE

Date: Friday 13th December

Time: Professionals - 12:00 - 13:00 Parents/Carers –13:00 – 14:00

## **Community Phobia November Drop-ins** (Posted on 11th October 2024)

Is your child or someone you work with (aged 5 – 18 years) struggling with phobias?  
Why not drop in and meet children’s therapists to discuss what you can do to support?Learn more about strategies to support with phobias.

#### Venue: Wrekenton Family Hub, Gateshead, NE9 7JR Date: Friday 1st November Time: Professionals - 09:30 - 10:30      Parents/Carers –10:30 – 11:30

#### Venue: Christ Church Felling, Gateshead, NE10 0HQ Date: Wednesday 6th November Time: Professionals – 10:00 - 11:00    Parents/Carers – 11.00 – 12.00

#### Venue: Blaydon Primary Care Centre, Blaydon-on-Tyne, NE21 5LS Date: Thursday 7th November Time: Professionals – 14:30 – 15:30    Parents/Carers – 15:30 – 16:30

#### Venue: The Baltic Centre for Contemporary Art, Gateshead, NE8 3BA Date: Wednesday 13th November Time: Professionals – 10:00 – 11:00     Parents/Carers – 11:00 – 12:00

#### Venue: Daisy Chain, Team Valley, Gateshead, NE11 0BD Date: Thursday 14th November Time: Professionals – 09:30 – 10:30   Parents/Carers – 10:30 – 11:30

#### Venue: Winlaton Centre, Winlaton, Blaydon, NE21 6BY Date: Thursday 14th November Time: Professionals – 09:30 – 10:30   Parents/Carers – 10:30 – 11:30

#### Venue: Gateshead Central Library, Gateshead, NE8 4LN Date: Thursday 14th November Time: Professionals - 14:30 - 15:30      Parents/Carers – 15:30 – 16:30

#### Venue: Whickham Library, Whickham, NE16 4DN Date: Monday 18th November Time: Professionals - 14:30 - 15:30 Parents/Carers – 15:30 – 16:30

#### Venue: The Drop In, Dunston, Gateshead, NE8 2QX Date: Thursday 28th November Time: Professionals – 09:00 - 10:00    Parents/Carers – 10.00 – 11.00

#### Venue: Birtley Library, Birtley, Chester-le-Street, DH3 1LE Date: Friday 29th November   Time: Professionals – 12:00 – 13:00    Parents/Carers – 13:00 – 14:00

**Previous Community Drop-ins**

*TBA...*

[Community Mental Health Drop-ins: South Tyneside and Sunderland Mental Health Services](https://www.stsftmentalhealth.nhs.uk/our-services/gateshead/children-and-young-peoples-primary-care-mental-health-service/Community-Mental-Health-Drop-ins)

##### **Training Information**

##### Our team are delivering free training to professionals working with Children and Young people in Gateshead.

##### Please see below for dates, times and an overview of our training.

##### Please email your interest or any queries to [stsft.cyp-pmhtraining@nhs.net](http://stsft.cyp-pmhtraining@nhs.net/)and a member of the team will get back to you as soon as they are available.

##### A link provided by the group Eventbrite, will be set up closer to the date for any interested people to sign up to; this will be added below nearer the time.

**Supporting Children and Young People with Stress Training**

This workshop is for professionals in Gateshead working with children and young people, and will cover:

* Signs and symptoms of stress in children and young people
* Overview of stress, its impact, and function
* Overview of helpful and unhelpful stress management strategies
* Supporting young people to recognise and manage stress, including exam stress
* Where to go for further support

Dates: TBC

Times: TBC  
Online or Venue/in person: TBC  
Eventbrite sign up weblink: TBC

## **Supporting Children and Young People with Separation Anxiety**

This workshop is for professionals in Gateshead working with children and young people, and will cover:

* Signs and symptoms of separation anxiety and its impact on children and young people
* Overview of separation anxiety, its development and maintenance
* Supporting young people and families to manage separation anxiety
* Where to go for further support

Dates: TBC

Times: TBC  
Online or Venue/in person: TBC  
Eventbrite sign up weblink: TBC

**Supporting Children and Young People with Self-Esteem Difficulties**

This workshop is for professionals in Gateshead working with children and young people, and will cover:

* Signs and symptoms of low self-esteem and its impact on children and young people
* Overview of self-esteem, its development and function
* Overview of the Cognitive Behavioural Therapy approach and the connections between thoughts, emotions, physical sensations and behaviours
* Supporting children and young people to develop positive self-esteem
* Where to go for further support

Dates: Tuesday 10th December 2024  
Times: 14:00 - 16:00   
Online or Venue/in person: In person at the Metrocentre Community Hub  
Eventbrite sign up weblink: TBC

**Supporting Children and Young People with Low Mood**

This workshop is for professionals in Gateshead working with children and young people, and will cover:

* Signs and symptoms of low mood and its impact on children and young people
* Overview of the cycle of low mood, its development and maintenance
* Supporting young people to break the cycle of low mood
* Supporting young people with problem solving
* Where to go for further support

Dates: Tuesday 3rd December 2024   
Time - 14:00 - 16:00  
Online or Venue/in person: TBC  
Eventbrite sign up weblink: TBC

Date: Tuesday 14th January 2025  
Times: 14:00 - 16:00   
Online or Venue/in person: Metrocentre Community Hub  
Eventbrite sign up weblink: TBC

**Introduction to Child and Adolescent Mental Health (iCAMHS)**

This training is for professionals in Gateshead working with children and young people. The aims of the training are:

* To develop an understanding of the strategic and local context of child and adolescent mental health services.
* To explore the concept of child development & adolescent mental health.
* To outline overall risk and resilience factors for mental health
* To recognise the contribution all practitioners can make to improving children and young people’s mental health

Dates: 4 Sessions over 4 weeks

Tuesday 21st, 28th January/ 4th, 11th February 2025

**IMPORTANT - Participants MUST attend EACH week to complete the course**   
Times: 14:00 -16:00  
Online or Venue/in person: Metrocentre Community Hub  
Eventbrite sign up weblink: TBC

**Supporting Children and Young People with Anxiety**

 This workshop is for professionals in Gateshead working with children and young people, and will cover:

* Signs and symptoms of anxiety and its impact on children and young people
* Overview of anxiety, its development and maintenance
* Supporting young people and families to manage anxiety
* Where to go for further support

Dates: Tuesday 12th November 2024  
Times: 14:00 - 16:00  
Online or Venue/in person: Gateshead Equipment Centre  
Eventbrite sign up weblink: [**Supporting Children and Young People with Anxiety Tickets, Tue 12 Nov 2024 at 14:00 | Eventbrite**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.eventbrite.co.uk%2Fe%2Fsupporting-children-and-young-people-with-anxiety-tickets-1064196112219%3Faff%3Doddtdtcreator&data=05%7C02%7Ccharlotte.dean18%40nhs.net%7C037041a716514cc7276408dcf8327329%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638658142830217452%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=hQpnkHaixAoLipUpCKobO7gD93Do877nXE%2FihcVDB5k%3D&reserved=0)

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**Groups**

We offer evidence based group support including:

* Parent led cognitive behavioural therapy (CBT)
* Guided self-help parenting
* Fun FRIENDS
* FRIENDS for life
* Youth groups

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**Latest News**

Please visit our site at [News :: South Tyneside and Sunderland Mental Health Services](https://www.stsftmentalhealth.nhs.uk/our-services/gateshead/children-and-young-peoples-primary-care-mental-health-service/news) for our latest news updates.

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[Children and Young People's Primary Care Mental Health Service: South Tyneside and Sunderland Mental Health Services](https://www.stsftmentalhealth.nhs.uk/our-services/gateshead/children-and-young-peoples-primary-care-mental-health-service)

<https://www.stsftmentalhealth.nhs.uk/our-services/gateshead/children-and-young-peoples-primary-care-mental-health-service>

* [What is Mental Health: South Tyneside and Sunderland Mental Health Services](https://www.stsftmentalhealth.nhs.uk/welcome/what-mental-health)
* [Help in a crisis: South Tyneside and Sunderland Mental Health Services](https://www.stsftmentalhealth.nhs.uk/help-in-a-crisis)
* [Your questions and what things mean: South Tyneside and Sunderland Mental Health Services](https://www.stsftmentalhealth.nhs.uk/our-services/gateshead/children-and-young-peoples-primary-care-mental-health-service/your-questions-and-what-things-mean)