

Hi everyone,

My name is Rachel Taylor and I am the new Psychotherapeutic Counsellor at Trinity Academy. I have really enjoyed getting to know the staff and learners during my first few weeks in my role. I understand that Christmas can often be a difficult time for families so I have put together some helpful resources for you. If you are need of some support over the Christmas Holidays please don't hesitate to use the following:

Emergency Services 999

Samaritans 116 123

If U Care Share – anonymous free text 24/7 - 85258

<https://www.ifucareshare.co.uk/how-we-can-help/prevention/crisis-messenger>

The Mix – support for under 25s including 1-1 messenger chat and telephone number 0808 808 4994

<https://www.themix.org.uk/>

Pre-16 Crisis Team Newcastle and Gateshead- 0191 246 6913 or Freephone 0800 642 2864

<https://www.cntw.nhs.uk/services/children-young-peoples-service-newcastle-gateshead/>

Pre-16 South Tyneside and Sunderland- 0191 566 5500 or Freephone 0800 652 2868

<https://www.cntw.nhs.uk/services/children-young-peoples-service-south-tyneside-sunderland/>

Post 16 Crisis Team Newcastle and Gateshead – 0191 814 8899 or Freephone 0800 652 2863

<https://www.cntw.nhs.uk/services/crisis-resolution-home-treatment-service-newcastle-gateshead/>

Post 16 Crisis Team South Tyneside and Sunderland – 0303 123 1147 or Freephone 0800 642 2867

<https://www.cntw.nhs.uk/services/crisis-resolution-home-treatment-team-sunderland/>

Mental Health and Well-being Apps:

Chill Panda – an app to help you manage your worries through different breathing exercises.

Calm Harm – designed for people who are trying to manage urges to self-harm.

Young Minds: <https://youngminds.org.uk/find-help/for-parents/>

Action for Children:

https://parents.actionforchildren.org.uk/?_ga=2.14617463.1922118558.1606923300-1745997399.1606923300