



**Free, safe and anonymous**  
mental wellbeing support  
for 11 to 18 year olds.



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**North East and North Cumbria**

**Mental Health, Learning Disability and Autism Partnership**



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team**



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**Self-help  
activities**

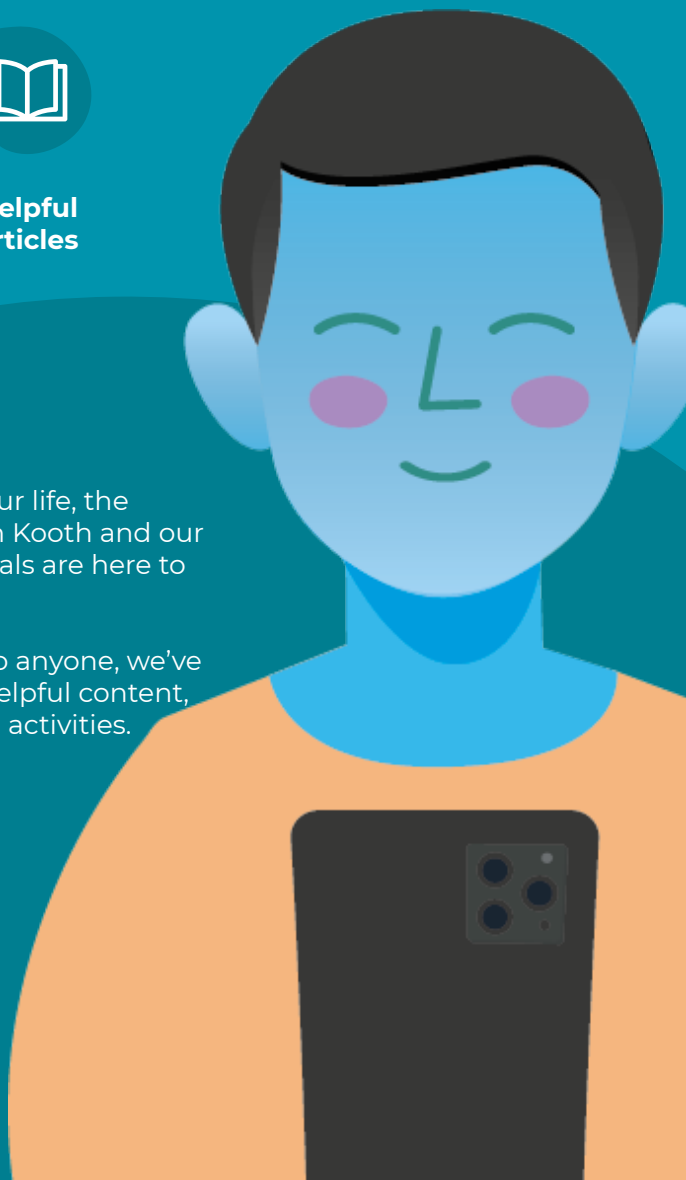


**Helpful  
articles**

Whatever is going on in your life, the anonymous community on Kooth and our team of friendly professionals are here to help support you.

Or if you'd rather not talk to anyone, we've also got a huge library of helpful content, plus self-help tools and fun activities.

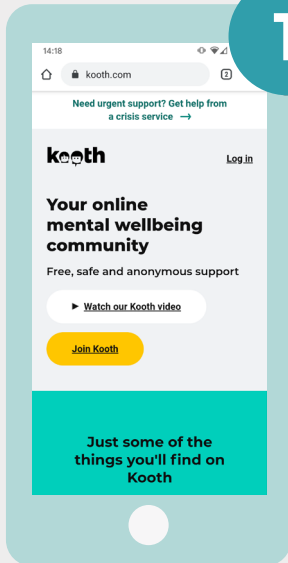
sign up today at  
**kooth.com**



## If you are a young person

If you feel Kooth could support you please visit [kooth.com](https://kooth.com) to register and explore all the features we can offer to support your mental health and wellbeing.

## How to sign up to Kooth



Click on the **'Join Kooth'** button located in the centre of the home page of the Kooth website.

- 2 Choose from the drop down box the **location** you are in
- 3 Click on the **gender** you identify with
- 4 Choose from the drop down box the **ethnicity** that best fits you
- 5 Add your **age** and the **month you were born**
- 6 Click **'continue'**
- 7 Create an **anonymous username** (not your real name) and **secure password**
- 8 Choose from the drop down box to explain where you found out about **Kooth**

## If you are a professional

If you would like to know about how Kooth supports children and young people or would like any promotional resources please contact your Kooth Engagement Leads, Jemma Austin [jaustin@kooth.com](mailto:jaustin@kooth.com) or Andrew Poinen, [apoinen@kooth.com](mailto:apoinen@kooth.com)

Click on the **'create account'** button to complete your registration

# CAMHS

The Child & Adolescent Mental Health Service (CAMHS) is provided by Tees Esk and Wear Valleys NHS Foundation Trust (TEWV). The service works with Children, Young People and their families up to the age of 18 years old who are experiencing mental health problems / complex emotional difficulties offering assessment, diagnosis and treatment. The team has a wide range of professional registered practitioners including Psychiatrists, Clinical Psychologists, Mental Health Nurses, Occupational Therapists, Social Workers and Psychological Well-being practitioners.

In addition, there is a CAMHS team specifically for Children and Young People with a diagnosed Learning Disability to ensure that the needs of children, young people and families are met in the most appropriate way.

The service provides a range of specialist health services to children and young people up to the age of 18 years old with mild, moderate or severe learning disabilities as well as a significant mental health problem or complex need.



The service can be accessed on a self-referral, your details will be taken, and a clinician will call you back. Alternatively a referral can be submitted by a GP, School Teacher or Social Worker.

For more information:

## **CAMHS County Durham and Darlington**

Email: [teww.camhscountydurhamdarlington@nhs.net](mailto:teww.camhscountydurhamdarlington@nhs.net)

Telephone: 0300 123 9296

## **CAMHS Teesside Single Point of Contact**

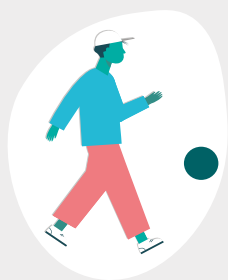
E-mail: [teww.stspoc-camhs@nhs.net](mailto:teww.stspoc-camhs@nhs.net) (South Tees) or

[teww.ntspoc-camhs@nhs.net](mailto:teww.ntspoc-camhs@nhs.net) (North Tees)

Telephone: 0300 013 2000

# Top Tips for Mental Wellbeing

Just as we take steps to care for our physical health, it's important to look after our mental and emotional wellbeing too. The good news? There are a number of small lifestyle changes you can do that will help to boost your mood. These tips are a starting point.



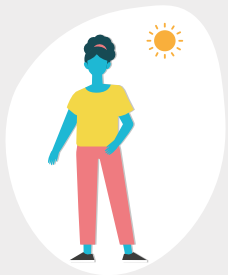
## Move Your Body!

When you exercise, your body releases chemicals called endorphins which can improve your mood. Try to fit in some form of moderate physical activity everyday. If it's too cold to go outside, you can download an exercise app like Active 10 or Couch to 5K. If you don't have a lot of time, you could try fitting in several 10-minute workout throughout the day. The NHS Live Well webpages has some options for quick routines that can be done from the comfort of your home!



## Stay social.

It's important to make sure that you're enjoying some kind of social interaction on a regular basis. Plan some enjoyable activities that you will look forward to and aren't likely to cancel. Meet up for a walk with family, ask a friend to go for coffee, or volunteer your time. Social interaction can help to lift your spirits (and theirs!)



## Check your vitamin D levels.

Studies have shown that Vitamin D, also known as the sunshine vitamin, can boost mood. Vitamin D is produced when our skin is exposed to the sunlight and UV rays or by eating certain foods like salmon, eggs, and yoghurt. Ask your GP to test your vitamin D levels to see if you should be taking additional supplements.



### **Eat mood-boosting foods.**

Studies show that people who follow a nourishing and well-balanced diet filled with plenty of lean protein, complex carbs, and fruits and vegetables have lower rates of depression. Eating well can help to improve concentration levels and give you more energy. Include foods that are high in B vitamins and magnesium, such as Marmite, salmon, legumes and leafy green vegetables as they can help to reduce anxiety and boost mood.



### **Learn something new.**

Learning a new skill is not only enjoyable, but it can also help improve your mental health. Is there something that you have always wanted to do but have never got round to trying? Maybe it's learning a new language, trying out a new cake recipe or signing up for a craft course? Developing skills will give you a sense of accomplishment and boost your confidence.



### **Get mindful.**

Did you know that practicing mindfulness techniques can help alleviate symptoms of depression and improve feelings of positivity? Find activities that relax you such as yoga, deep breathing or mindful stretching. You could also try downloading an app and listening to some guided meditations and techniques. [Headspace](#) and [Calm](#) are highly rated.



### **Talk to someone.**

If none of the above tips seem to do the trick, don't be afraid to reach out for help and support. You could try speaking to your doctor, a family member or friend, or a professional mental health service. Struggling isn't a sign of weakness. Recognising when you need support, and being honest about it is a sign of strength.