

# Single Point of Access (SPA), Gateshead

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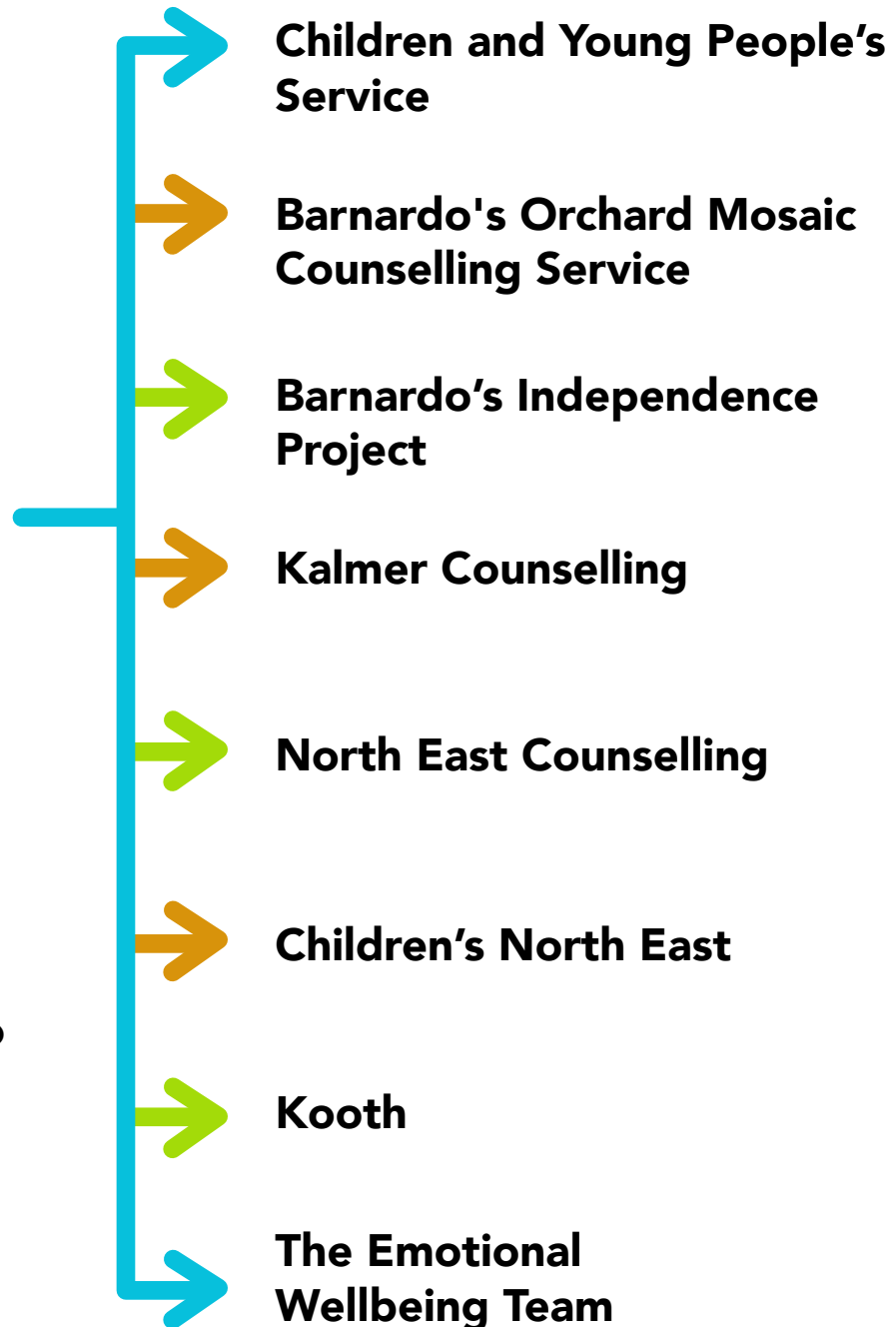
Referral of Young Person (0-18 years old)

Self-referral, referral by a parent, carer, G.P., school or relevant professional.



## SPA

The Single Point of Access (SPA) is for young people with a GP in Newcastle and Gateshead requiring a mental health assessment or intervention. Referrals will be reviewed and triaged so young people are referred to the right service at the right time for onward assessment and treatment or advice and guidance.



For urgent mental health support/advice Contact Children and Young People's Service on: 0800 6522864

For immediate concerns contact 999/ attend A&E



## **Children and Young People's Service**

Provided by Cumbria, Northumberland, Tyne and Wear NHS Trust and offers a range of services including:

- Getting Help Service- Provide short-term intervention for low-level anxiety, reactive low mood, and emotional/ behavioural regulation.
- Getting More Help- Specialist Mental Health Support.
- Neurodevelopmental Team- Autism Assessments and ADHD pathways.
- Looked After Children- for children currently in the care of local authority.
- Learning Disability- for children with a diagnosis of a Learning Disability often within a specialist education provision.
- CYP-CEDS- Specialist Community Eating Disorder Team.
- Early intervention Psychosis team (age 16 +)
- At-Risk Mental State (ARMS) Service (age 14 +)

## **Barnardos Orchard Mosaic Counselling Service**

Aims to reduce the impact of abusive or traumatic experiences on children, young people and their families living in Newcastle and Gateshead where the experience is bereavement, loss and or sexual abuse. Our therapy team support children and young people by offering a combination of remote and or face-to-face therapy sessions from the OM building in Jesmond and Schools or Community buildings throughout Newcastle and Gateshead. Contact details: 0191 212 0237 [orchardmosaic@barnardos.org.uk](mailto:orchardmosaic@barnardos.org.uk)

## **Barnardo's Independence Project**

We provide up to 6 months 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 therapeutic services, as well as aiming to prevent them returning back into Tier 3 Services.

We can tailor support to young people meeting them wherever they feel most comfortable: school, home or out in community etc. Support concentrates on emotional wellbeing through a Social Prescribing Model. The young person is allocated a worker whom will provide 1-2-1 support to develop an outcome focused plan, specifically tailored to the young person's needs, whilst liaising with other professionals and agencies.

## **Kalmer Counselling**

At Kalmer Counselling we specialise in working with children and young people with learning difficulties and disabilities, with specific expertise in working with those on the autistic spectrum.

We currently have a contract with The NHS to provide counselling to children and young people, aged 9 - 25, with learning difficulties and disabilities who live in Newcastle and Gateshead. Referrals for this counselling provision come through CYPS and SPA.

Autism is a spectrum condition and affects people in different ways, their mental health needs are often complex and greater. It is important that we tailor the counselling we offer to meet the individual needs. We use creativity, personal interests and talking therapy to deliver bespoke sessions.

To find out more about our service go to [www.kalmer-counselling.co.uk](http://www.kalmer-counselling.co.uk)

Follow us on facebook [www.facebook.com/kalmercounsellingnortheast/](http://www.facebook.com/kalmercounsellingnortheast/)



## **North East Counselling**

One-to-one expertly trained counsellors, using a variety of therapy techniques. Counselling Service for age 4+ in relation to depression, anxiety, bullying, self-harming, loss and bereavement.

## **Children's North East**

Our One to One counselling service helps you (as long as you are aged 9 to 25 years old) with your mental health issues. Our friendly counsellors are expertly trained which means we can help you by using a variety of therapy techniques. Whatever the issues affecting your life we are here to help. This includes depression, anxiety, bullying, self-harming, loss and bereavement. If you don't want to come to our building then our counsellors can meet you wherever you feel safe and are currently available evenings and Saturday mornings too. Currently, we are able to offer counselling without charge to young people who have been the victim of crime and those referred to us through the NHS.

## **Kooth**

Kooth offer online counselling services age 11-18

- Provide an early response to, and identification of emotional wellbeing and mental health problems, leading to improved well-being, prevention of symptom escalation and provision of the right care at the right time
- Improve CYP participation in service development
- Encourage the use of self-care tools and resources intended to build resilience and self-help
- Remove barriers for more vulnerable/ disadvantaged/harder-to-reach individuals
- Promote and improve integrated partnership and collaborative care across agencies, to reduce the demand on specialist children's services, particularly CAMHS and social care
- Improve the knowledge and capacity of schools to identify and address emotional wellbeing and mental health problems through good engagement and promoting a whole-school approach

## **Emotional Wellbeing Team**

Provided by South Tyneside NHS Foundation Trust and is a team of health professionals who work with children and young people aged between 4 and 18 years old experiencing difficulties, which may include:

- Emotional/ behavioural difficulties including low mood, anxiety and depression
- Bereavement and loss
- Bullying
- Eating distress
- Relationship difficulties