



VCS support

VCS Organisation	Service description	Contact details
Kooth	Kooth is a digital free, safe, confidential and non-stigmatised way for young people aged 11 to 18 years to receive counselling, advice and support on-line. Chat to friendly counsellors, read articles by young people and join live moderated chat forums.	Website www.kooth.com
Emotional resilience nurse	Virtual online support	Emotional resilience Nurse Drop in, Voice and video sessions- http://NHS.VC/HDFT-GROWING-HEALTHY-0-19-EMOTIONAL-RESILIENCE-NURSES
School nurse drop in	Virtual online support	Stanley and Consett School nurse drop in, voice and video sessions- HTTP://NHS.VC/HDFT-GROWING-HEALTHY-0-19-STANLEY-CONSETT
St Cuthbert's Hospice Park House Durham DH1 3QF	The Jigsaw Project support service helps Children and Young People deal with grief, loss and bereavement. The Family Support Team at St. Cuthbert's Hospice give support to carry on as much as possible with usual routines of home, school and seeing friends. Referrals to The Jigsaw Project can be made by self-referral, a parent or family member, school, primary health care team, mental health care teams or social workers.	Contact 01913746183 thejigsawproject@stcuthbertshospice.com Telephone support during covid 19 Please contact the switchboard on 0191 386 1170

<p>Winston's Wish Bereavement service</p>	<p>Winston's wish is a support service for children suffering from bereavement following the death of a parent or sibling. They offer a Freephone national helpline, Online support, Training for professionals and Publications and Resources.</p> <ul style="list-style-type: none"> • Their ASK email service is a UK-wide national email service, offering support, information and advice to anyone seeking it. • Helpline provides bereavement support for parents, carers and professionals looking for childhood bereavement support • Online chat is designed to help you talk about your grief and manage your grief when you do feel like you need help 	<p>For more information visit www.winstonswish.org</p> <p>Freephone National Helpline, along with our ASK email, Crisis Messenger and online chat services remain available to support bereaved families and professionals caring for them</p>
<p>Butterwick Hospice Bishop Auckland Woodhouse Lane, Bishop Auckland, County Durham, DL14 6JU</p>	<p>The family support service provides support for those with a life-limiting illness and those who are bereaved. Available to family members, children and young people, friends and carers. Support includes counselling, telephone and email support, various support groups.</p>	<p> REFERRAL FORM FAMILY SUPPORT Bu</p> <p> CHILDRENS COUNSELLING LEAFI</p> <p>Contact Diane on 01388603003</p>

		Email diannemckenzie@butterwick.org.uk

County Durham VCS Alliance

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