

# Newcastle Gateshead Children and Young People's Mental Health Getting Help Service

## **SINGLE POINT OF ACCESS (SPA)**

### **What is Single Point of Access (SPA)?**

SPA is a team of clinicians and call handlers who receive referrals for Children and Young People up to the age of 18 across Newcastle and Gateshead who need support with their mental health. Following triage, SPA will transfer the referral into the most appropriate service across Getting Help and Getting More Help.

### **Who can refer into SPA?**

Parents, carers, other services, professionals with parental permission, GP, Teachers, Social Services, Paediatrics.

### **How can you contact SPA?**

You can contact us using the following:

Phone: 03031231147

Email: [NTAWNT.NoTCYPS@nhs.net](mailto:NTAWNT.NoTCYPS@nhs.net)

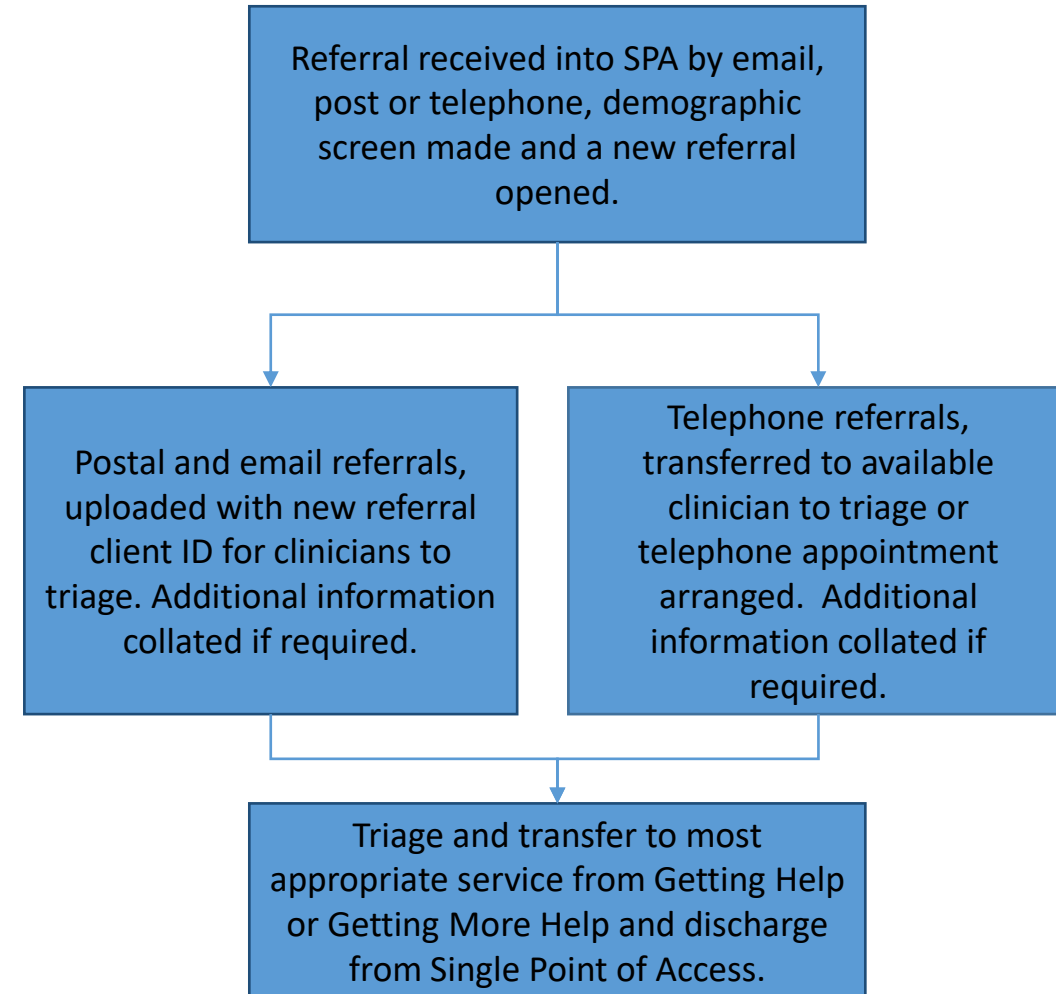
Post: Benton House

136 Sandyford Road

Sandyford

Newcastle

NE2 1QE



# Getting Help Service

The Getting Help Service is a partnership between NHS and VCS organisations working to support children and young people's mental health and wellbeing across Newcastle and Gateshead.

The SPA team transfer referrals to the most appropriate organisation based on that child or young person's needs.

With the exception of Kooth which is an entirely online service, all providers in the partnership offer online and telephone appointments as well as face to face sessions.

Kooth can be accessed directly by young people without a referral from SPA by visiting [Kooth.com](https://www.kooth.com)

SPA is also able to signpost to other services which are not part of Getting Help such as:

- Early Help Services in Gateshead and Newcastle
- RISE Mental Health Support in Schools
- Incredible Years parenting support
- Breaking The Cycle for children in Newcastle affected by domestic abuse

## KALMER Counselling Services

9-25 years of age, providing Getting Help services for, mild to moderate learning disabilities, Autism Spectrum Disorder, anxiety, self-confidence, low mood, low self-esteem, transition stress, relationship problems and managing independence.

## Gateshead only Emotional Wellbeing Team

4-18 years of age, provides a service to help children with moderate behavioural difficulties, low mood, anxiety, depression, bereavement, bullying, eat distress and relationship difficulties.

## North East Counselling

4-25 years of age, counselling intervention for anxiety, stress and low mood

## Newcastle only Tier 2 (Getting Help Team)

Lower level anxiety, reactive low mood, emotional/behavioural regulation, low risk adverse childhood experiences, assessments of school based functioning. Initial assessment, 4-6 sessions to support emotional wellbeing. Signpost if appropriate for ongoing support.

## Kooth

Kooth.com provides children and young people a safe, online platform available 24/7, 365 days per year, where they can explore and access professional and peer support around their emotional wellbeing and mental health. The service is available for young people aged 11-25 years old across Newcastle and Gateshead.

## Barnardo's Orchard Mosaic

For children up to 18 years who have experienced bereavement and have additional vulnerabilities and/or are displaying difficulties in managing grief (6 sessions). For children up to 18 years who have experienced sexual abuse and/or are displaying harmful sexual behaviours (12 sessions).

## Barnardos Independence Project

Independence Project – One to one support for 12-18 year old's living in Newcastle. Offering support with the transition out of therapeutic services, as well as aiming to prevent them returning back into Tier 3 Services; through a social prescribing model focusing on emotional wellbeing.

## Children North East Newcastle

Provide counselling for mental health support, anxiety, self-harming, low mood and bereavement for children aged 9-25 years of age.

## Streetwise Young People's Project – Newcastle

11-25 years of age.  
Early Help - Counsellors, PWP's and Mental Health Support Workers - anxiety, low mood, anger, stress, bereavement and low self-esteem or confidence.

Whilst some of the providers see young people up to the age of 25, access through SPA and the Getting Help pathway is for young people up to the age of 18.