



**Cumbria, Northumberland,  
Tyne and Wear**  
NHS Foundation Trust

Children and Young People's Service (CYPS) – Newcastle and Gateshead  
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As a family on our waiting list, or currently receiving treatment from Children and Young People's Service (CYPS), we are sending you this letter to share and provide some useful resources and support available whilst you wait.

There are various pathways within the Children and Young People's Service. Being open to one of these pathways does not mean you would necessarily be open to others, we hope you find the following brief description of the individual pathways useful. If you are unsure of which pathway you are open to then please do not hesitate to contact us.

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

- Mental Health Team (MH Team)
- Neurodevelopmental Team (ND Team)
- Learning Disability/Positive Behaviour Support Team (LD Team)

**Mental Health Team** - Specialist Children and Young People's Mental Health Services require a young person to have had a first line intervention prior to a referral being made. This would include input/access to a primary care service, such as Early Help, a Voluntary sector service (North East Counselling, Streetwise, Children's North East) or similar. The Mental Health Team within our service will work with young people who are experiencing moderate to severe mental health difficulties.

Whilst we work with clients in psychological distress, we are not an emergency or crisis service, and it may take time to allocate clients to a health professional.

**Neurodevelopmental Team** - The Neurodevelopmental Team is responsible for the assessment pathway for Autism Spectrum Disorder (ASD) and Attention Deficit Hyperactivity Disorder (ADHD). It is important to understand that following an ASD diagnosis, we are not commissioned to offer post diagnostic support but we can signpost you to services which may be able to offer this. Following an ADHD diagnosis, we only offer a post diagnostic intervention for the medication clinic. Post diagnostic services commissioned to provide this work will be discussed with families following a diagnosis. Please see below useful contacts in these situations.

**Learning Disability Team** - The Learning Disability Team requires a young person to have had a first line intervention prior to CYPS becoming involved (input from specialists within

school, paediatrics, skills for people). The Learning Disability Team provides assessment and treatment with Children and Young People with a Learning Disability who are presenting with mental health difficulties and/or behaviour that challenges. We also have an assessment pathway for ASD and ADHD for those with a learning disability.

**We know it can be difficult to know who to contact, therefore here are some useful contacts prior to contacting CYPs if you are experiencing difficulties:**

### **Autism Hubs**

#### **Newcastle Autism Hubs provided by North East Autism Society**

<https://www.ne-as.org.uk/family-development-autism-hubs>

Their family development service provides support for autistic people and their families across the North East pre, during and post diagnosis. Their mission is to provide the right support, at the right time, and in the right way to ensure the best outcomes.

Telephone: 0191 4109974

Email: [info@ne-as.org.uk](mailto:info@ne-as.org.uk)

#### **Gateshead Autism Hubs provided by Daisy Chain**

<https://gateshead-localoffer.org/autism/>

Gateshead Autism Hubs offer parents and carers of autistic children and young people (0-25 years) information, advice and support on a range of challenges that can impact autistic young people and their families. The Hubs provide drop-in sessions, peer support groups, and training for parents, carers, and professionals.

Telephone: 01642 531248

Email: [info@daisychainproject.co.uk](mailto:info@daisychainproject.co.uk)

Both websites offer additional information and support regardless of locality.

### **Early Help**

Early Help services can be delivered to parents, children or whole families, but their main focus is to improve outcomes for children. For example, services may help parents who are living in challenging circumstances provide a safe and loving environment for their child. Or, if a child is displaying risk-taking behaviour, Early Help Practitioners might work with the child and their parents to find out the reasons for the child's behaviour and put strategies in place to help keep them safe.

### **Gateshead**

<https://www.gateshead.gov.uk/article/13426/Early-Help-for-parents-and-carers>

### **Newcastle**

<https://www.newcastle.gov.uk/services/care-and-support/children/getting-help-children-and-families/early-help-your-family>

Telephone: 0191 211 5805

### **Social Care**

Children's services are responsible for supporting and protecting vulnerable children. This includes providing children and their families with extra help to support the family as a whole.

#### **Newcastle Children's Social Care and Early Help**

<https://www.newcastle.gov.uk/services/care-and-support/children/keeping-children-safe/report-concern-about-child-or-young-person>

If you are concerned about a child or young person please call us on 0191 277 2500. If the issue cannot wait until the next working day, call our Emergency Duty Team on 0191 278 7878.

### **Gateshead Children's Social Care**

<https://www.gateshead.gov.uk/article/1820/Children-s-social-care>

**If your child is presenting with the following behaviours, please consider the following support prior to contacting CYPS:**

#### **Behaviour that challenges within the home and school and environment**

- Early Help, Social Care, Skills for People.

#### **Bullying in School/Social Media/Cyber Bullying**

- Contact school directly (Anti-Bullying Policy), Family Lives, NSPCC, SENDIASS.

#### **Non-School Attendance**

- Contact school directly, SENDIASS, Not Fine in School (see resources).

#### **Difficulties in School**

- Contact school directly, contact the local SEND Team.

#### **Struggling with Sleep**

- Cerebra
- Sleep Scotland
- Sleep Charity
- Discussion with GP

Please be advised CYPS will not accept referrals for sleep difficulties only or requests for medication.

#### **Emotional Dysregulation**

Lots of young people experience emotional dysregulation. This may present in ways such as nipping, scratching, pulling hair, low level violence, and negative self-talk and this only occurs when the young person is dysregulated.

Emotional dysregulation does not always mean your child is self-harming or feeling suicidal, it can often be the only way your child can display or verbalise their frustration. Please see resources attached.

#### **Anxiety/Low Mood/Self-Harm**

- School Nurse/School Counsellor
- GP
- Single Point of Access for Getting Help Services

#### **Exhibiting Sexually Inappropriate Behaviours**

- Social Care
- Single Point of Access for Getting Help Services

#### **Expressing Suicidal Thoughts or Self-harming Safety Planning at Home**

- A book to write thoughts and feelings where these can be explored together with a trusted adult; space to talk.
- Being around others, not being alone (supervision).

- Meditation/relaxation/mindfulness/relaxing breathing.
- Lock away/secure sharps (razors, knives etc.).
- Lock away/secure medication.
- Trusted adult - school/family member.
- Distractions - Music, TV, Games.
- Positive Activities.
- Positive Talk – *"I will get through this, I have done before. These are just thoughts and I do not need to act on these. My family love me and I do not want to hurt them. This feeling and these thoughts will pass."*

If these strategies are unsuccessful and the young person is in Mental Health Crisis, please contact Universal Crisis Team and/or Emergency Services if risk is present.

The Universal Crisis Team operates 24 hours a day, 7 days a week. However, this service does not provide an 'emergency' service such as a 999 response.

### Resources - Mental Health

- **The Mix** - <https://www.themix.org.uk> Support and resources for young people under 25.
- **Young Minds** - <https://youngminds.org.uk> Website with lots of resources and support for young people and parents.
- **Kooth** - <https://www.kooth.com> Free online emotional support for young people.
- **SHOUT** - <https://giveusashout.org/> A supportive text service for young people. Text 85258.
- **Rollercoaster** - <https://www.rollercoasterfamilysupport.co.uk/> A parent-led, professionally supported service, passionate about offering support and promoting the role of families in Children and Young People's Mental Health Services. We are a needs-led, responsive, and creative service for families and professionals, who are supporting young people through mental health difficulties.
- **RISE Mental Health support** - [www.rise.childrenssociety.org.uk](http://www.rise.childrenssociety.org.uk) Resources and information for parents and young people around mental health and wellbeing.
- **Childline** - [www.childline.org.uk](http://www.childline.org.uk) Free and confidential help for young people in the UK. Visit the Childline website now for Free Services: Bullying, Sex & Relationships, Abuse, Feelings, Home & Families, School.
- **Positive Behavioural Support** - [www.pbsnec.co.uk](http://www.pbsnec.co.uk) PBS aims to understand behaviours that challenge others and improve quality of life.
- **Skills for People** - [www.skillsforpeople.org.uk](http://www.skillsforpeople.org.uk) Working to make sure that disabled people and their families can be in control of their own lives, strong, confident and included in the communities of their choice.

### Neurodevelopmental

In addition to the Newcastle and Gateshead Autism Hubs, other available services are:

- **National Autistic Society** - <https://www.autism.org.uk>
- **The Autism Education Trust** - <https://www.autismeducationtrust.org.uk/the-den>
- **Ambitious about Autism** - <https://www.ambitiousaboutautism.org.uk>
- **Daisy Chain** - <https://www.daisychainproject.co.uk/> Supporting Autistic and Neuro-divergent children, young people and adults.
- **North East Autism Society** - <https://www.ne-as.org.uk/family-development-autism-hubs> NEAS empowers and supports autistic children, young people and adults.
- **The Toby Henderson Trust** - <https://www.ttht.co.uk/> TTHT is an independently funded charity supporting children and young adults with autism, their families and carers in the North East.

- **The Autism Hub** - <https://www.facebook.com/groups/387109345806360> Based in Gateshead but supports families across the North East Region. Visit their Facebook page.
- **The ADHD Foundation** - Largest user-led ADHD charity in Europe.

### Sleep

- **Cerebra** - <https://cerebra.org.uk/> Support and advice to support children with a neurodevelopmental condition and/or learning disability. Includes access to specialist Sleep Advice Service.
- **The Sleep Charity** - <https://thesleepcharity.org.uk/> We are one of the leading, independent expert voices on sleep issues in the UK and we are here to help everyone get a better night's sleep. Whether its advice, education or support for children, teenagers, adults, workplaces or professionals, we are on hand with expert knowledge, resources and accredited training.

### Education

- **SENDIASS** – Free, independent and confidential advice around supporting young people with additional needs to access appropriate educational support. Please visit your Local Authority website for more details.  
**Newcastle** - <https://www.newcastlesendiass.co.uk/>  
**Gateshead** - <https://www.barnardosendiass.org.uk/gateshead-sendiass/>
- **Not Fine In School** - <https://notfineinschool.co.uk/> Not Fine in School was created as a resource for the growing numbers of families with children experiencing school attendance barriers. These barriers often relate to unmet Special Educational Needs & Disabilities (diagnosed or suspected), physical or mental illness, bullying & assault, trauma, excessive academic pressure, overly strict behaviour policies, a missing sense of belonging, and an irrelevant curriculum.
- **Independent Provider of Special Education Advice** - <https://www.ipsea.org.uk> (known as IPSEA) is a registered charity (number 327691) operating in England. IPSEA offers free and independent legally based information, advice and support to help get the right education for children and young people with all kinds of special educational needs and disabilities (SEND).
- **Newcastle Parent and Carer Forum** - [Newcastle Parent Carer Forum - https://www.newcastlepcf.co.uk/](https://www.newcastlepcf.co.uk/)
- **Gateshead Parent and Carer forum** - [Gateshead Parent Carer forum - https://www.gatesheadparentcarerforum.co.uk/](https://www.gatesheadparentcarerforum.co.uk/)

Yours sincerely

Newcastle and Gateshead Children and Young People's Service

