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County Durham Family Hubs

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New to Family Hubs - CAMHS Nurse Drop In

For parents and carers of children aged 5 - 19 year old. These drop ins are a chance to come and speak to a CAMHS worker about their child's need. There will also be a member of Family Hub staff present who can talk about our programmes for parents / carers and children.

These sessions may be useful if your child is struggling with;

Low confidence and self esteem

Low mood

Worrying and anxious feelings

Chester le Street Family Hub - Wednesday 10am - 12pm

- 8 May 2024
- 5 June 2024
- 3 July 2024
- 31 July 2024

Stanley Family Hub - Wednesday 12.30pm - 2.30pm

- 22 May 2024
- 19 June 2024
- 17 July 2024

The CAMHS clinician will be unable to give any updates on open cases and ongoing CAMHS work during these sessions. Any questions like this should be directed to the CAMHS team support your Child / Young person.

To refer into CAMHS please contact the Single Point of Access on 0300 123 9296. Should you require Mental Health Crisis support please contact the CAMHS Crisis Team on 111 or 0800 51 61 71.

These sessions are a pilot within 2 Family Hubs. We will be gathering feedback over the summer and evaluating these sessions, looking to expand the offer in the autumn.