



**Newcastle
Careers
Team**

Newcastle
City Council 

NEWCASTLE CAREERS TEAM

Information for young people who find
mental health a barrier to education,
training or employment



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0191 277 1944



newcastlecareers.org.uk



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About us...

The Careers and Guidance Team offers impartial and confidential careers information, advice and support to young people up to the age of 19 without an Education Health and Care Plan (EHC plan) if they live in Newcastle or attend a Newcastle school. (Please note, young people with an EHC plan are supported by their SEN caseworker).



Our friendly team, of very experienced and enthusiastic staff are available to help you make the right decisions about your next steps.

Mental Health

Here at Newcastle Careers Team we understand that to some young people mental health can act as a barrier to accessing education, training and employment.

Therefore, we have created this information booklet which outlines some of the mental health support that is on offer and how we can help when you feel ready to re-engage with education, training or employment



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Mental Health Support

Below is a list of mental health support organisations that may be able to help. Please note that this is not an exhaustive list and there may be other support organisations available for you to access.

Streetwise

Free confidential
advice & information
for young people

Streetwise provides early help and support to young people who are experiencing mild to moderate mental health and wellbeing difficulties. This can include anxiety, low mood, anger, stress, bereavement and low self-esteem or confidence.

www.streetwisenorth.org.uk

kooth


Kooth offers online counselling and emotional well-being support that is available to any young person who may be struggling with their mental health.

www.kooth.com

**YOUNG
MINDS**

Young minds is the UK's leading charity empowering parents and children and young people to improving emotional wellbeing and emotional health.

Tel: 0808 802 5542

www.youngminds.org.uk

NHS

IAPT offers telephone-based counselling for anyone 16+ , the patient must be registered with a Newcastle GP

www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/newcastle/



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PAPYRUS
PREVENTION OF YOUNG SUICIDE

Papyrus UK -Confidential support and advice service for children under the age of 35 years who are experiencing thoughts of suicide or anyone concerned about someone who is.

www.papyrus-uk.org



Caring Hands Charity - Counselling is their free service offering a safe and supportive environment, in which you can talk through issues/feelings that cause you difficulty or concern.

www.caringhandscharity.org.uk/service/counselling-service



Essential support for under 25s

The Mix is the UK's leading support service for young people. We are here to help you take on any challenge you're facing - including mental health. You can talk to them via their online community, on social, through the free, confidential helpline or counselling service.

www.themix.org.uk

childline

ONLINE, ON THE PHONE, ANYTIME

You can contact Childline about anything. Whatever your worry, it's better out than in. There are lots of different ways to speak to a Childline counsellor or get support from other young people.

www.childline.org.uk/get-support



Because growing
up can be hard

Children North East deliver services, support and initiatives that provide a platform for children, young people and families to work through issues, take action and provide them with the tools to reach their full potential. These include therapeutic services and mental health support.

children-ne.org.uk/how-we-can-help/young-people



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Samaritans are available day or night, for anyone who's struggling to cope, who needs someone to listen without judgement or pressure. Samaritans is not only for the moment of crisis, we're taking action to prevent the crisis.

www.samaritans.org



Young people may need help with a wide range of issues at different points in their lives. Parents, carers and young people can receive direct support through Young Anxious Minds.

anxiousminds.co.uk



Barnardo's Independence Project will take referrals of young people as a step-down from therapeutic services concentrating on the emotional wellbeing of young people 13-18.

www.barnardos.org.uk/what-we-do/services/newcastle-young-peoples-support-team-independence-project



SHOUT offers a 24/7 text service for anyone in crisis, which is free on all major mobile networks, Text 85258.

giveusashout.org



Mermaids is one of the UK's leading LGBTQ+ charities, empowering thousands of people with its secure online communities, local community groups, helpline services, web resources, events and residential weekends.

mermaidsuk.org.uk



Re-engagement options

There are lots of supportive organisations that can help you to reengage with education training, employment at a speed that is tailored to suit you. These include:

Newcastle City Learning- Outreach programme

For those young people who do not have the confidence to attend an educational setting. This is delivered as one to one provision to develop their skills and confidence to be able to re-engage with education.

BUILD programme

BUILD aims to build confidence and skills. An alternative to a full-time programme. This programme offers a safe environment to gain the skills and behaviours need to progress back into full-time study.

Groundworks

Groundworks offers 121 community based support to help young people who are looking to find employment.

Prince's Trust

Prince's Trust 'Explore' programme is an online programme which includes sessions such as; Resilience, Employability Skills, CV skills and more! They also offer a 12 week 'Teams' programme at their centre aiming to build your skills and confidence.

NU Foundation

NU Foundation offers 121 employability support which includes skills building and raising your aspiration and confidence. They also offer support with Maths and English which is just 1 day a week at their centre.

Recovery College

The Recovery college provides a peer led, peer delivered education and support service. They offer a variety of courses and groups to support people with their mental health.

If you would like any further information on any of the programmes above please get in touch with us!



Frequently Asked Questions

I have anxiety around leaving the house, are there any options that involve learning from home?

Yes! Although quite limited there are programmes available that will allow you to build your confidence that can be done online at home. These programmes aim to support you back into education, training or employment and often don't include any formal qualifications.

I don't feel ready to study or work every day, are there any options to just do part time?

Yes! We understand that re-engaging with education or training full time may be daunting. Some re-engagement programmes offer part time hours to help you to build your confidence in an educational setting.

Large learning environments with lots of people make me feel anxious, is there something I could do to that would be in smaller group sizes?

Yes! Many re-engagement programmes offer 121 support or small group numbers!

I really didn't like school, how would anything you suggest be different?

We understand that a school and classroom environment is not for everyone. Many re-engagement activities will be very different from school offering a more flexible and practical approach.

What will a careers appointment be like and what kind of things will we talk about?

We know that meeting and talking to someone new can be a bit scary, remember we are here to help! A careers appointment is just an informal chat with one of our friendly team. We can talk about things such as what you like and what you don't like or any ideas you have . There are no right or wrong answers.



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How we can help...

We offer impartial advice and guidance on all education, employment and training options that are available to you. Working together to find the best option for you.

A careers appointment can take place in various ways, we can...



**Chat to you
online**



**Speak over
the phone**

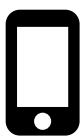


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HOW TO CONTACT US...



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