

Darlington MHST

Consultation Line



Tuesdays 2.30pm-4.15pm

Fridays 9.00am-12.30pm

Tel: 07500 799524

If your school is signed up to receive support from the Darlington Mental Health Support Team (MHST), you can now use our consultation line to discuss any pupils you are concerned about in relation to their mental health.

How it works:

- Call us during consultation line times to discuss any pupils you are concerned about in relation to their mental health.
- A practitioner will chat to you about what the pupil is struggling with.
- Please have as much information ready as possible including the pupil's date of birth, what they are struggling with, how long it has been going on, the impact it is having, any risks of harm, any difficulties related to family, friends/peers or school and any historic difficulties including issues around safeguarding.
- We will then help you to make a plan for the pupil whether that is a referral to the MHST or signposting to a more suitable service.

How to get in touch:

- The consultation line is available every Tuesday afternoon (2.30pm-4.15pm) and Friday morning (9am-12.30pm)
- Please call 07500 799524
- If the line is busy, please leave a message with your name, school name and contact number and the duty practitioner will get back to you as soon as possible.



DARLINGTON
MENTAL HEALTH SUPPORT TEAM