

This BBC Children in Need funded project delivers awareness sessions for young people throughout Darlington, County Durham, Hambleton and Richmondshire. Darlington Mind works with a number of other local partners to deliver the project for young people in our area.



We are actively working with young people who have been affected by self-harm, aged 11 to 18 who are deemed at highest risk. Young people are involved in decision-making within the project and have a voice as to influence the way that the project is delivered.

The project offers counselling for young people who are experiencing self-harm, and has proved very successful in helping young people to develop coping skills, and in overcoming feelings of not being in control.

We also deliver workshops to complement the self-Harm provision they include. Mental health awareness /Body Image/Peer Mentors / Self Esteem/Resilience/Exam Anxiety/Transition Anxiety.

If you or a family member is feeling low and in need of support and assistance, please get in touch.

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