

# Support for children and young people

Information about where to get support if you are a young person or their loved one.



The [Healthier Together](#) website is a great place to find accurate and trusted NHS healthcare advice in the North East and North Cumbria for parents, carers, young people and health professionals.

## Autism and ADHD assessment

Find out more about our [service that assesses Autism and ADHD in children and young people](#).

## Local support

Find out more about the needs led neurodevelopmental pathway in:

- [Darlington](#)
- [County Durham](#)
- [Hartlepool and Stockton](#)
- [South Tees](#)

*Every young person and their family is different, and this means what you might need help with is different. The needs led neurodevelopment pathways sets out what support is available to help young people with what they are struggling with, without having to wait for an assessment; for example, sleep or behaviour.*



**Tees, Esk and Wear Valleys**  
NHS Foundation Trust

