

## Sleep Support in Tees Valley: A Renewed and Holistic Offer

Sleep support for children and families across Darlington, Middlesbrough, Stockton, Hartlepool and Redcar continues to be available, offering tailored support that looks beyond sleep difficulties to consider the child's wider emotional, developmental, and wellbeing needs.

This holistic focus recognises that sleep is closely connected with family life, neurodiversity, mental health, and everyday routines. We want to reassure families and professionals that sleep support remains strong and has grown—evolving to better meet individual needs and deliver lasting, positive outcomes.

### Online Sleep Resources

There is a wealth of helpful sleep advice and support available online. These trusted resources offer practical guidance, strategies, and information to help manage children's sleep challenges effectively:

- [Sleep Action UK](#)
- [The Sleep charity](#)
- [NHS Sleep Advice for Children](#)
- [Anna Freud](#)
- [MindEd](#) courses for families and professionals

### Local Sleep Support

Sleep support is delivered through a number of local health and wellbeing services, who offer holistic assessments to identify unmet needs and deliver tailored sleep advice and strategies.

Families can expect:

- Holistic assessments to explore sleep alongside other needs
- Tailored advice, strategies, and one-to-one support
- Workshops and resources for neurodiverse children and their families
- Sleep support embedded within broader mental health care

### Referral & Contact Information

- **Daisychain Family Support (Neurodiverse Sleep Support)**  
<https://daisychainproject.co.uk/family-support-service/> or  
email: [family.support@daisychainproject.co.uk](mailto:family.support@daisychainproject.co.uk)
- **Hartlepool Family Hubs** 01429 292444 <https://www.hartlepoolfamilyhubs.co.uk/health-visitors-and-school-nurses/>
- **Redcar 0-19 Service Health Visiting & School Nursing Team** 01642 444011  
Available Monday to Friday, 8:30am – 4:30pm (excluding bank holidays) <https://www.redcar-cleveland.gov.uk/health-and-wellbeing/health-visiting-and-school-nursing-services>
- **Growing Healthy Stockton** 0333 3202 302. Available Monday to Friday, 9:00am – 5:00pm (excluding bank holidays) <https://www.hdft.nhs.uk/services/childrens-services>
- **Growing Healthy Darlington** 03000 030013. Available Monday to Friday, 9:00am – 5:00pm (excluding bank holidays) <https://www.hdft.nhs.uk/services/childrens-services>
- **Healthier Together Middlesbrough** 0300 303 1603. Available Monday to Friday, 9:00am – 5:00pm (excluding bank holidays) <https://www.hdft.nhs.uk/services/childrens-services>

