

# Find Mental Health support available to you in North Yorkshire

Visit the Go-To  
[www.thegoto.org.uk](http://www.thegoto.org.uk)



# Young people's Mental Health support in North Yorkshire

The Go-To has a number of  
resources to help you.

[www.thegoto.org.uk](http://www.thegoto.org.uk)



# Mental Health support in North Yorkshire

The Go-To has a number  
of resources to support  
children and young people.

[www.thegoto.org.uk](http://www.thegoto.org.uk)



# Find Mental Health support for children and young people in North Yorkshire

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