

Are you a young person needing help with your mental health?

Self-Care

Everyday life brings various ups and downs therefore it is important to take time for self-care.

There are lots of things you can do to look after your mental wellbeing. Click [here](#) for some top tips on feeling good and advice for coping with common issues.

Do you need some more information?

Talk to family, friends or an adult you trust.

The Go-To

For healthy minds in North Yorkshire



Online evidence-based training and learning



ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Call 0800 1111 24 hours, 7 days a week for free

Would you like to talk to someone?

If you are concerned about your mental health speak to a member of school or college staff as soon as possible. They will have access to a range of services that will be able to help you.



Teams available in some schools across Scarborough, Ryedale, Harrogate, Selby, Hambleton and Richmondshire, and York – speak to a member of school staff for more information



Mental health supports teams are available in some schools in Craven – speak to a member of school staff for more information



BUZZ US text service on 07520 631168 open Monday – Thursday 9am-5pm and Friday 9am-4.30pm (excluding Bank Holidays).



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Specialist CAMHS referral

Do you need urgent support or help?

If there is immediate danger of serious risk or harm call 999

If you need someone to talk to and the problem isn't immediately life threatening call 111



If you are in a mental health crisis and need support call NHS 111 and select the mental health option (2). Available 24 hours 7 days a week



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Text SHOUT on 85258



18+
Call 116 123



Call 0300 102 2470
Text HOPE to 88247

Click here for our [Market Place](#) which offers more in depth information on mental health services in North Yorkshire.

