

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

## Self care

There are lots of things you can do to look after your mental wellbeing. Visit [www.thegoto.org.uk/im-a-young-person/](http://www.thegoto.org.uk/im-a-young-person/) or scan the QR code for some top tips on feeling good and advice for coping with common issues

Scan the QR codes using the camera on your smartphone or tablet



## Do you need some more information?

Talk to family, friends or an adult you trust.

### The Go-To

For healthy minds in North Yorkshire



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



Visit:

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

### childline

ONLINE, ON THE PHONE, ANYTIME  
[childline.org.uk](http://childline.org.uk) | 0800 1111



Call 0800 1111 24 hours, 7 days a week for free or visit:  
[www.childline.org.uk/info-advice](http://www.childline.org.uk/info-advice)

### TOGETHERNESS

Bringing the Solihull Approach to the world



Visit: [togetherness.co.uk/mul/north-yorkshire/](http://togetherness.co.uk/mul/north-yorkshire/)



Visit:  
[www.recoverycollegeonline.co.uk](http://www.recoverycollegeonline.co.uk)



Bradford District Care  
NHS Foundation Trust



Mental Health Support Teams are available in some schools across Craven - speak to a member of school staff for more information



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



BUZZ US text service on 07520 631168, Monday - Thursday 9am - 5pm and Friday 9am - 4:30pm excluding Bank Holidays

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Specialist CAMHS referral  
Visit: [www.thegoto.org.uk/im-a-young-person/getting-support-need/camhs/](http://www.thegoto.org.uk/im-a-young-person/getting-support-need/camhs/)



Call 01904 661916 or visit:  
[www.compass-uk.org/services/compass-phoenix/](http://www.compass-uk.org/services/compass-phoenix/)

## Do you need urgent support or help?

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

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 to 85258

shout  
85258



PAPYRUS



Call 0300 102 2470 or text HOPE to 88247

Age 18+  
Call 116 123

SAMARITANS

