

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](https://www.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).



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

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



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



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

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



Text SHOUT on
85258



18+
Call 116 123

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

