

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/ 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



Visit:

www.thesleepcharity.org.uk

childline

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



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

TOGETHERNESS

Bringing the Solihull Approach to the world



Visit: togetherness.co.uk/mul/north-yorkshire/



Visit:
www.recoverycollegeonline.co.uk

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

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.



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

childline

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



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



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



Call 01904 661916 or visit:
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

childline

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



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

Text SHOUT to 85258



Age 18+
Call 116 123



