

Are you a young person aged 11 - 18 who needs some help with your mental health?

Do you need some more information?

Talk to family, friends or an adult you trust.

Young Minds:
www.youngminds.org.uk

Teen Mental Health:
teenmentalhealth.org

NHS Mental Health Support Hub: www.nhs.uk/Livewell/youth-mental-health/Pages/Youth-mental-health-help.aspx

Rethink Mental Health:
www.rethink.org/diagnosis-treatment

NHS Mood Self-Assessment Quiz:
www.nhs.uk/conditions/stress-anxiety-depression/mood-self-assessment

Would you like to talk to someone?

5-19 Healthy Child Service – call 01609 780780 Press 2 and ask to speak to a Healthy Child Nurse

Compass BUZZ US:
text 07520 631168
Text message support is available 9am–5pm Mon – Thurs, 9am–4.30pm Fridays

Mind Discussion Group:
www.mind.org.uk

The Mix: Call 0808 808 4994 for advice and support between 11am and 11pm

Book an appointment with your local GP

Childline: Call 0800 1111 to talk to anyone at any time for free
<https://childline.org.uk/get-support/1-2-1-counsellor-chat/> for confidential counselling
<https://www.childline.org.uk/get-support/message-boards/> talk to young people who may be feeling the same as you

Do you need urgent support or help?

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

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

HopeLine UK:
0800 068 41 41

Childline:
0808 808 4994

If you're over 18 you can call the Samaritans:
116 123

CAMHS Crisis Number (Child and Adolescent Mental Health Services):

Hambleton and Richmondshire 0300 0132000 (Option 6), 7 days a week, 24 hours.

Whitby and Scarborough & Ryedale 01723 346502, 7 days a week, 10am–10pm.
Harrogate and Ripon 01423 544335, 7 days a week, 10am–10pm.

Craven 01274 221181, 7 days a week, 24 hours.
Selby 01904 615348, 7 days a week, 10am–10pm