










Children & Young People's Self-Referral Mental Health Support & Wellbeing Resources

If you're in crisis and need support, it's important to get help.
If you've seriously injured yourself or taken an overdose call 999
or get immediate medical advice from NHS 111.

Please see information below for local and national support resources.

	<p>Tel: 0800 0516171</p> <p>Self-referrals Tel: 01723346000</p> <p>Access 24 hours a day.</p>	<p>CAMHS – Community Mental Health Crisis Team help with mental health distress, anxiety, difficulties, and disorders.</p>
	<p>https://www.thegoto.org.uk/</p>	<p>The Go-To will direct you to local available services for emotional and mental wellbeing.</p>
	<p>https://www.kooth.com/</p> <p>Access 24 hours a day</p> <p>Counsellors weekdays 12pm-10pm.</p> <p>Weekends 6pm-10pm.</p>	<p>Free, safe, anonymous online mental health support for young people from the age of 11-26 years old.</p>
	<p>https://www.compass-uk.org/services/north-yorkshire-compass-buzz/</p> <p>Tel: 07520 631168 Mon-Thurs 9-5pm and Fri 9-4.30pm.</p>	<p>A confidential text messaging service for 11-18 year olds offering advice and support about mild to moderate mental health and general wellbeing issues. They aim to reply to your message within 24 hours.</p>
	<p>https://www.compass-uk.org/services/north-yorkshire-compass-reach/</p> <p>Self referral or GP referral</p> <p>Mon-Thurs 9-5. Fri 9-4:30</p> <p>Tel: 01609 777662 or 0800 008 7452.</p>	<p>A free, confidential health and wellbeing service for children and young people aged 9- 19 (and up to 25 for those with special educational needs or disabilities) who may benefit from receiving early help and prevention work in relation to mild to moderate emotional wellbeing and mental health issues.</p>
	<p>https://www.recoverycollegeonline.co.uk/young-people/</p>	<p>Offering online education courses and resources for people who might be struggling with mental health issues, also resources for family members and friends.</p>

	<p>https://www.carersresource.net/yac-welcome.html</p> <p>Tel: 01723 850155.</p>	<p>Any young person between the ages of 16 and 25 that is caring for a friend or family member can access the YAC service. They aim to support the whole family and recognise that Young Adult Carers (YAC's) need their own individual support too.</p>
	<p>https://thesleepcharity.org.uk/</p> <p>GP or self-referral</p> <p>Tel: 07568052300.</p>	<p>Sleep problems in children and young people (from the age of 12 months)</p> <p>They are one of the leading, independent expert voices on sleep issues in the UK and they are there to help everyone get a better night's sleep.</p>
	<p>https://www.childline.org.uk/</p> <p>Tel: 0800 1111</p> <p>7:30am till 3:30am</p> <p>1-2-1 chat available online.</p>	<p>Free, private and confidential service where you can talk about anything, they provide support, guidance and counselling for children up to their 19th birthday.</p>
	<p>https://www.camhs-resources.co.uk/</p>	<p>CAMHS resources – extensive resources for young people carers and family. This site was created for young people, carers and professionals to pool together lots of helpful resources from across the internet that are available to help support your mental health and well-being.</p>
	<p>https://youngminds.org.uk/</p> <p>Parents helpline:</p> <p>Tel: 0808 8025544</p> <p>Young person text service: Text YM to 85258 if urgent help needed.</p>	<p>They provide young people with tools to look after their mental health. Empowering adults to be the best support they can be to the young people in their lives. And give young people the space and confidence to get their voices heard and change the world we live in.</p>
	<p>https://www.beateatingdisorders.org.uk/</p> <p>Tel: 0808 8010677</p> <p>9-8pm Mon-Fri & 4-8pm weekends and bank holiday.</p>	<p>Supporting people who have or are worried they have an eating disorder, as well as others affected, such as friends and family members.</p>
	<p>https://giveusashout.org/</p> <p>Text 'shout' to 85258</p>	<p>Free confidential 24/7 text messaging support service for anyone struggling to cope and needing to talk.</p>



<https://www.papyrus-uk.org/hopelineuk/>

9am – midnight every day of the year (Weekends and Bank Holidays included)

Tel: 0800 068 4141

Text: 07860039967

If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and practical advice. Providing you with a safe space to talk through anything happening in your life that could be impacting on your or anyone else's ability to stay safe.



<https://www.kidscape.org.uk/>

Tel: 020 7823 5430

9:30am-2:30pm Mon-Tue.

Kidscape is for parents, carers and young people experiencing bullying and cyberbullying, they can give advice and practical tips on how you can build up your confidence and allow negativity from others to slide straight off you.



<https://www.happymaps.co.uk/>

If you are worried about yourself or someone else you are not alone, there are a lot of places to get help and advice like counselling, helplines, chatrooms and videos. HappyMaps have put together some of the best places to look at and find the help, support and advice for children, young people, and parents.



<https://www.childbereavementuk.org/>

Tel: 0800 0288840.

Weekdays 9am-5pm.

Helps children, parents and families to rebuild their lives when a child grieves or when a child dies. Offering support for children and young people up to the age of 25 who are facing bereavement.



<https://www.humankindcharity.org.uk/service/nyrise/>

Tel: 01723 330730 (option 2)

Freephone Tel: 08000 141480 (option 2)

Monday to Friday 9am to 5pm.

Email:

NYYP.admin@Humankindcharity.org.uk

North Yorkshire Young People's Drug and Alcohol Support Service for 10 to 19 year old's (or up to age 24 if has special educational needs and disabilities). Structured support to stop or reduce drug or alcohol use, family support. They meet young people in their own communities at a place which is comfortable for them.



<https://stem4.org.uk/>

Stem 4 supports positive mental health in teenagers via their apps, Calm Harm, Clear Fear, Move Mood and Combined Minds.



<https://autism.org.uk>

Providing support, guidance and advice, as well as campaigning for improved rights, services and opportunities to help create a society that works for autistic people.