



MENTAL HEALTH & WELLBEING

SELF REFERRAL HELP GROUPS FOR ADULTS AND CHILDREN

Dr C M Shepherd
Dr J M Mainprize
Dr A C Black
Dr C Chapman
Dr R Sharma (Associate)

The Filey Surgery, Station Avenue, Filey, North Yorkshire, YO14 9AE
01723 515881 - Emergencies, Visits & Enquiries
01723 515666 - Appointments
01723 515197 - Fax
www.fileysurgery.co.uk

North Yorkshire Mental Health Helpline

If you need to discuss your mental health or someone you are caring for then call 08005 610 076. Lines open Monday to Thursday 5pm to 8.30am or Friday from 4.30pm (24 hours at the weekends, including bank holidays).

Every Mind Matters

Help with mental health issues and wellbeing tips.

We all have mental health, and life is full of ups and downs for us all.

At NHS Every Mind Matters you will find expert advice, practical tips and plenty of help and support if you're stressed, anxious, low or struggling to sleep.

<https://www.nhs.uk/every-mind-matters/>

Night-Time Crisis Café

A drop-in mental health center which provides a safe, non-judgmental, homely environment offering support to anyone 16 years or over who is suffering from a mental health crisis, are in distress or seeking to prevent the onset of a crisis. The Café is open:

Tuesday, Wednesday, Friday and Saturday 7.30pm till 1am, Sunday 8pm to 1am at 9 Alma Square, Scarborough, YO11 1JR.

For more information Tel: 01723 500222

survivors.office@btconnect.com

www.facebook.com/ScarboroughSurvivors/

Andy's Man Club

This is a club which aims to get men with mental health issues to talk. They meet every Monday evening from 7.00pm at Scarborough Library, Veron Road, Scarborough. For information about how to book on to one of the sessions, either in person or online, please send an email to info@andysmanclub.co.uk and our team will be able to assist.

www.andysmanclub.co.uk

Qwell

Qwell is a safe and confidential space for all men in the North Yorkshire area to share experiences and gain support from qualified professionals on all mental health issues.

They are an emotional wellbeing services providing online mental health support free of charge, around the clock, via an online platform and counselling sessions.

<https://www.qwell.io/>

IAPT (Improving Access to Psychological Therapies)

Problems with low mood and anxiety can make it difficult for people to cope with normal daily tasks. This is a talking therapy offering help with things like bereavement, unemployment, relationship breakdowns and traumatic events. There is an online self-referral form available at

<https://northyorkshireiapt.co.uk/>

<https://www.tevv.nhs.uk/services/iaptny/>

Tel: 01947 899270

The Recovery College

The Recovery College Online (RCO) provides a range of online educational courses and resources to people who might be struggling with mental health issue, families, friends, mental health workers and anyone else who might be interested.

Current online courses cover the following subject areas:

- Coronavirus
- Diagnosis
- Anger
- Feeling Suicidal
- Memory Problems
- Paranoia
- Substance Misuse
- Hearing Voices
- Mood Changes
- Anxiety
- Stress
- Sleeping Problems
- Self-Harm
- Trauma and Adversity

The RCO free online courses are available for everyone by registering an online account. Courses can be completed in a person's own time and at their own pace.

The RCO can be accessed via - www.recoverycollegeonline.co.uk

If you have any queries or questions for the RCO please email - tevv.vrc@nhs.net

CAMHS (Child & Adolescent Mental Health Team)

A service for young people under the age of 18 presenting problems with mood, anxiety and eating disorders, behavioural difficulties and much more.

Routine self-referrals Tel: 01723 346000 or 0300 0134778

Mental health crisis team Tel: 01723 346502

The Go-To

For healthy minds in North Yorkshire. For children, young people and their families The Go-To will direct you to local available services for emotional and mental well being.

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

Kooth

Free, safe, anonymous online mental health support for young people from the age of 11 to 26 years old. Chat online with a team of experienced counsellors.

Monday to Friday 12pm till 10pm, Saturday & Sunday 6pm till 10pm

www.kooth.com

Buzz Us

A text messaging service for children and young people aged 11-18 offering advice and support about mild to moderate mental health and general wellbeing issues.

Text your message to: 07520 631168

They aim to reply to your text within 24 hours during office hours Monday to Thursday 9-5pm & Friday 9-4.30pm (excluding bank holidays).

Please don't use this service in a crisis.