

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, choosing option 2.

Please see information below for local and national support resources.

	<p>Self-referrals call NHS 111, choosing option 2. Access 24 hours a day. https://www.tewv.nhs.uk/services/crisis-advice/</p>	<p>CAMHS – Community Mental Health Crisis Team help with mental health distress, anxiety, difficulties, and disorders.</p>
	<p>https://www.thegoto.org.uk/ https://www.instagram.com/thegotony/ https://twitter.com/TheGoTowebsite1 https://www.facebook.com/TheGoToNY Mini Marketplace - The Go-To thegoto.org.uk</p>	<p>The Go-To will direct you to local available services for emotional and mental wellbeing. Further resources available by clicking here Young Person's guide to Mental Health Support</p>
	<p>https://www.compass-uk.org/services/compass-phoenix/ BUZZ US Text: 07520 631168 Mon-Thurs 9-5pm and Fri 9-4:30pmz.</p>	<p>A confidential text messaging service called BUZZ US 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/compass-phoenix/ (Formerly known as BUZZ and REACH) Self referral Tel: 01609 777662 or FREEPHONE Tel: 0800 008 7452 Mon-Thurs 9-5pm and Fri 9-4:30pm.</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/ https://twitter.com/ RConline https://www.facebook.com/RecoveryCollegeOnline/</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>



<https://www.carersresource.net/yac-welcome.html>

Tel: 01723 850155.

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.



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

GP or self-referral

Sunday to Thursday 7pm till 9pm

Tel: 03303 530 541.

Sleep problems in children and young people (from the age of 12 months) 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.



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

Tel: 0800 1111

1-2-1 chat available online.

Free, private and confidential service where you can talk about anything, they provide support, guidance and counselling for children up to their 19th birthday.



<https://www.camhs-resources.co.uk/>

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.



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

Parents helpline:

Tel: 0808 8025544

Young person text service: Text YM to 85258 if urgent help needed.

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.



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

Tel: 0808 8010677

9-8pm Mon-Fri & 4-8pm weekends and bank holiday.

Supporting people who have or are worried they have an eating disorder, as well as others affected, such as friends and family members.



<https://giveusashout.org/>

Text 'shout' to 85258

Free confidential 24/7 text messaging support service for anyone struggling to cope and needing to talk.



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

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:

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

	NYYP.admin@Humankindcharity.org.uk	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://www.themix.org.uk/	The Mix is the UK's leading support service for young people. Here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to them via their online community, on social, through the free, confidential helpline or counselling service.
	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.
	<p>Healthy Child Service for children 0-6 years old. Parents and carers can contact their local 0-6 Health Child Service (Health Visiting Team) directly for information by calling 03003 030 916</p> <p>Healthy Child Service for children and young people 6-19 years old. The healthy child programme for older children is aimed at those children who:</p> <ul style="list-style-type: none"> • need safeguarding support • need support for emotional wellbeing and resilience and, alongside other local services, in reducing risk taking in young people • are in care <p>Parents, carers and young people themselves can access the Emotional Wellbeing and Resilience Service for support and information by 03003 030 916</p>	
	<p>Let's Make Sense Together - is a virtual service that has been developed by our Occupational Therapists. It is part of our sensory processing pathway, supporting children and young people who have a physical and functional difficulty due to sensory processing differences.</p> <p>https://www.yorkhospitals.nhs.uk/childrens-centre/your-childs-hospital-journey/therapy-services/occupational-therapy/lets-make-sense-together/</p>	
	<p>Nuffield Foundation - Early Years Library – Social and Emotional Learning Series Giving hints, tips and exercises for promoting non-verbal communication, engaging in conversations, listening, greetings and introductions and using polite language.</p> <p>https://www.eif.org.uk/resource/early-years-library https://www.eif.org.uk/files/pdf/eyl-sel-working-together.pdf</p>	
	<p>Edge Early Learning - Making friends in early childhood resource takes you through ages 3-5 and what you may observe in these interactions, this resource also provides a how to help guide, friendship activities and what to do when things may go wrong.</p> <p>https://edgeearlylearning.com.au/making-friends-in-early-childhood/</p>	



CBeebies - offers a resource called "Helping children deal with change", this resource discusses why change can affect children so much, with expert tips on helping children cope with change and offers a toolkit called "Five ways to build your child's resilience"
<https://www.bbc.co.uk/cbeebies/grownups/helping-children-deal-with-change>