

Scarborough and Whitby

NHS Weight Management Services

Offering a 12 week programme designed to support your weight loss journey with weekly weigh-ins and advice on healthy eating. Tel: 0800 9177752 or 01723 821395

Or Text Healthy to 60163

HNFTTR.weightmanagement@nhs.net

<https://www.northyorks.gov.uk/healthy-weight-and-eating-well>

Strong & Steady

Provided by Age Uk a gentle exercise programme to improve your balance, rebuild your muscle strength and have fun from £3 per session.

Tel: 07732 804 805 for more information regarding classes in the Filey and Scarborough area.

Escape Pain

An exercise and education class for people with chronic joint pain or Osteoarthritis.

Tel: 01423 226303 during office hours or email: info@northyorkshiresport.co.uk

Living Well, Smokefree

A free service to help you quit Smoking. Sessions available in the Filey and Scarborough area.

Tel: 01609 797272

www.northyorks.gov.uk/stopping-smoking or email: stop.smoking@northyorks.gov.uk

CRUSE

Bereavement Support Service

Offering help and support to bereaved adults and children. Tel: 0808 808 1677

open Monday to Friday 9.30 to 5pm

Extended hours Tuesday,

Wednesday, Thursday to 8pm.

Or helpline@cruse.org.uk

Advocacy Alliance

Offers free and confidential practical bereavement support.

Help with registering a death, writing letters and emails, sorting through paperwork, speaking with funeral directors and much more. Tel: 01723 363910

www.advocacyallianceyorkshire.org.uk

Horizons

Drug and Alcohol Addiction

Service

One to one and group sessions to support and guide you on the road to recovery.

Tel: 01723 330730 or

Drink line 0300 123 1110

Email – info@nyhorizons.org.uk

Scarborough Hub

Various drop in sessions at 56-60 Castle Road, Scarborough, YO11 1XE

Mon, Tues, Wed, Thurs 9am – 5pm

Fridays open late 9am – 7.30pm.

Free phone line 08000 14 14 80.



SELF REFERRAL HELP GROUPS

There are many services that can help you manage your health and wellbeing.

Included within this leaflet are several organisations to whom you can refer yourself.

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 www.tevv.nhs.uk/IAPTYorks or Tel: 01947 899270

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)

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

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

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.

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.
www.andysmanclub.co.uk

BPAS

British Pregnancy Advisory Service

Clinics in York and Leeds offering care and support after a miscarriage or abortion also with pregnancy testing, emergency contraception and much more.
Tel: 03457 304030 or www.bpas.org

YorSexual Health

Free and confidential sexual health services for all kinds of contraction, emergency contraction, STI & HIV testing and treatment, pregnancy information and advice.
Tel: 01904 721111
www.yorsexualhealth.org.uk

IDAS

Independent Domestic Abuse Service

Is the largest specialist charity in Yorkshire supporting people affected by domestic abuse and sexual violence.
Online self referral www.idas.org.uk
Helpline 01723 354874