

Self care

There are lots of things you can do to look after your mental wellbeing. Visit www.thegoto.org.uk/im-a-young-person/ or scan the QR code for some top tips on feeling good and advice for coping with common issues

Scan the QR code using the camera on your smartphone or tablet



Do you need some more information?

Talk to family, friends or an adult you trust.

The Go-To
For healthy minds in North Yorkshire



Visit: www.thegoto.org.uk



Visit: www.thesleepcharity.org.uk

YOUNGMINDS
fighting for young people's mental health



Visit: www.youngminds.org.uk

childline
ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



Call 0800 1111 24 hours, 7 days a week for free or visit:
www.childline.org.uk/info-advice

Qwell



Adults aged 18+
Visit: www.qwell.io

recoverycollege online



Visit:
www.recoverycollegeonline.co.uk

Are you a Young Person needing help with your mental health?

Would you like to talk to someone?

If you are concerned about your mental health speak to a member of school or college staff as soon as possible. They will have access to a range of services that will be able to help you.

NHS
Bradford District Care
NHS Foundation Trust



Teams available in some schools across Craven – speak to a member of school staff for more information



Teams available in some schools across Scarborough, Ryedale, Harrogate, Selby, Hambleton and Richmondshire – speak to a member of school staff for more information.

Text 07520 631168,
Monday – Thursday 9am-5pm and Friday
9am-4.30pm
(excluding Bank Holidays).



Specialist CAMHS referral
Visit: www.thegoto.org.uk/im-a-young-person/getting-support-need/camhs/

NHS



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Compass Phoenix



Call 01904 661916 or visit:
www.compass-uk.org/services/compass-phoenix/

Do you need urgent support or help?

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

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

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Text SHOUT to
85258

shout
for support in a crisis



PAPYRUS
PREVENTION OF YOUNG SUICIDE



Call 0800 068 4141 or text 07860 039967 9am - midnight everyday

Age 18+
call 116 123

SAMARITANS

