

HELP AND SUPPORT

EMOTIONAL SUPPORT FOR YOUNG PEOPLE

(CTRL + Click to access links)



If you are a young person aged 8 to 25 experiencing struggles with your emotions or mental health, such as often feeling low, stressed or worried, accessing support can help in a number of ways

We offer a range of different support. Currently this includes:

- 1 to 1 Mentoring for people aged 8 to 18
- 1 to 1 Counselling for people aged 16 to 25
- A Creative Lives peers support group for people aged 8 to 21

Helpline: 01904 643364

[Link: York Mind - Young People's Service](#)



Childline is yours – a free, private and confidential service where you can talk about anything. Whatever your worry, whenever you need help, we're here for you online, on the phone, anytime.

Helpline: 0800 1111

[Link:](#)

YOUNGMINDS

We're here to make sure they get the best possible mental health support and have the resilience to overcome life's difficulties.

Helpline: 0808 802 5544

[Link: Young Minds](#)



Free, safe and anonymous online support for young people

Need to talk? Chat to our friendly counsellors, Read articles written by young people, Get support from the Kooth community

[Link: Kooth](#)

The Go-To

Welcome to the home of wellbeing and mental health for young people in North Yorkshire. We're here to help you find the right help and support for you, to help you stay well, whatever is going on in your life.

[Link: The Go To](#)



BUZZ US - If you're aged between 11 and 18 and **live in North Yorkshire**, and you are experiencing issues with eating, stress, low mood, emotions, self-harm, bullying, self-esteem or anxiety, you can text a wellbeing worker on **07520 631168**.

For more information on Compass Buzz and BUZZ US follow:

[Link: Compass](#)

NHS CAMHS (Child Adolescent Mental Health Services)

CAMHS Crisis

If the situation is a mental health crisis then you can access the CAMHS crisis teams:

01904 615348 (10am to 10pm)



A society which speaks openly about suicide and has the resources to help young people who may have suicidal thoughts.

HOPELINEUK is a confidential support and advice service for:

- Children and Young People under the age of 35 who are experiencing thoughts of suicide
- Anyone concerned that a young person could be thinking about suicide
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Telephone: 0800 068 41 41

[Link: Papyrus](#)



Our award-winning, youth-led support is available to anybody aged 11-25 when a close family member is diagnosed with a life-threatening illness. If that's you, we'd love to chat. Come and join us online.

[Link: Hope](#)

SEXUAL HEALTH AND IDENTITY



Free and confidential services
across North Yorkshire and York

Sexual health

We have clinics across the whole of North Yorkshire and York which offer a full range of sexual health and contraception services. This means you will be able to get all your sexual health care provided in one place at one time.

Central booking number – 01904 721111

[Link: Sexual Health](#)



Yorkshire MESMAC is one of the oldest and largest sexual health organisations in the country. We offer services to various communities including men who have sex with men, BME people, people misusing drugs, sex workers and LGB&T young people and adults.

York office: Tel: 01904 620400 or Email: york@mesmac.co.uk

North Yorkshire office: Tel: 01609 258745 or Email: northyorkshire@mesmac.co.uk

SUBSTANCE MISUSE (YOUNG PEOPLE)



The Young People's Specialist Substance Misuse Service Atlas Lifeline provides targeted substance misuse interventions and specialist treatment to young people up to 18 years who live in the City of York.

You can contact the Atlas Lifeline team on **01904 464680** or by emailing **York@lifeline.org.uk**



Compass - Reach (YP emotional Well-being, Substance Use)

If you are a young person who lives in North Yorkshire aged 10-18, or 19-24 with SEND (Special Educational Needs and Disability) and need support around drugs or alcohol, we can help

Tel: 01723 330730 (option 2) or 08000 14 14 80 (option 2) freephone

E-mail: NYYP.admin@humankindcharity.org.uk

FRANK

Honest information about drugs. A to Z of Drugs. Help and advice for young people and parents. Excellent and informative web site.

Telephone: 0300 1236600

[Link: Frank](#)

SUBSTANCE MISUSE (ADULTS)



North Yorkshire Horizons

If you, or someone you know, wants to be free from alcohol or drugs, we can help. North Yorkshire Horizons offer a range of free, confidential and non-judgemental services for individuals and their families whose lives are affected by drugs and/or alcohol, and who live within the North Yorkshire County Horizons have hubs in:

Northallerton, Selby, Skipton, Harrogate, Scarborough to contact any of these hubs **01723 330730** for assistance.

[Email: NY Horizons](#)

[Link: NY Horizons](#)

EMOTIONAL WELL-BEING AND SUPPORT FOR PARENTS/CARERS

SAMARITANS

Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year.

Call us free any time, from any phone, on **116 123**.

Writing an email can be a calm and safe way to work through what's on your mind. Especially if it feels too upsetting to talk about on the phone. Samaritans volunteers answer each email that comes through to **jo@samaritans.org**.

[Link: Samaritans](#)



Mind provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding. We won't give up until everyone experiencing a mental health problem gets support and respect.

Helpline: 0300 123 3393

[Link: Mind](#)

FAMILY RELATIONSHIPS



IDAS is the largest specialist charity in Yorkshire supporting anyone experiencing or affected by domestic abuse or sexual violence.

Services include refuge accommodation, community based support, peer mentoring, group work and access to a free, confidential out of hours' helpline.

Helpline: 03000 110 110 (North Yorks. inc. York) or **0808 2000 247** (National 24 hours helpline)

Email: info@idas.org.uk

Live web chat: To chat to us anonymously, you can use our live web chat facility. By typing your question into this box you will be able to chat directly with one of our workers. See website for further details.

[Link: IDAS](#)



The National Centre for Domestic Violence was established in 2003 to help survivors of domestic violence and abuse obtain protection against an abuser, as well as offering services to the police, probation service, domestic abuse agency workers, the legal profession and judiciary.

We specialise in providing free, fast and effective support to survivors of domestic violence and abuse, usually by helping individuals obtain injunctions from their local county court. This free service is provided to everybody, regardless of their financial circumstances, sexual orientation, race, gender, age, political, religious belief or otherwise.

Call: 0800 970 2070

Text: NCDV to 60777

Email: office@ncdv.org.uk

[Link: NCDV](#)

ON-LINE SAFETY



Information for parents/carers on how they can keep their children safe on line

[Link: Think U Know](#)

GENERAL



Information about childcare, children's centres, activities, parenting, disability and more. If you're a mum, dad or carer in York then this is for you.

Due to the coronavirus the telephone lines for York Family Information Service and the Information Service for Young People are currently closed. You can still contact us though **via text (only) 07624 802244**, by email at fis@york.gov.uk; online via our contact us form or through our Facebook and Twitter channels.

[Link: YorOK](#)