

*Are you a young person aged 11 - 18 who needs some help with your mental health?*



*Do you need some more information?*

**Talk to family, friends or an adult you trust.**

**Teen Mental Health:**  
teenmentalhealth.org

**NHS Mental Health Support Hub:** www.nhs.uk/Livewell/youth-mental-health/Pages/Youth-mental-health-help.aspx

**NHS Mood Self-Assessment Quiz:**  
www.nhs.uk/conditions/stress-anxiety-depression/mood-self-assessment

**Young Minds:**  
www.youngminds.org.uk

**Rethink Mental Health:**  
www.rethink.org/diagnosis-treatment

*Would you like to talk to someone?*

**Compass BUZZ US:**  
text 07520 631 168

Text message support is available 9am-5pm Mon - Thurs, 9am-4.30pm Fridays

**5-19 Healthy Child Service - call 01609 780780 Press 2 and ask to speak to a Healthy Child Nurse**

**Mind Discussion Group:**  
www.mind.org.uk

**Book an appointment with your local GP**

**The Mix:** Call 0808 808 4994 for advice and support between 11am and 11pm

**Childline:** Call 0800 1111 to talk to anyone at any time for free  
<https://childline.org.uk/get-support/t/1-2-1-counsellor-chat/>  
for confidential counselling  
<https://www.childline.org.uk/get-support/message-boards/>  
talk to young people who may be feeling the same as you

*Do you need urgent support or help?*

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

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

**Hopeline UK:**  
0800 068 41 41

**Childline:**  
0808 808 4994

**If you're over 18 you can call the Samaritans:**  
116 123

**CAMHS Crisis Number (Child and Adolescent Mental Health Services):**  
Hambleton and Richmondshire 0300 0132000 (Option 6), 7 days a week, 24 hours.

**Whitby and Scarborough & Ryedale 01723 346502,**  
7 days a week, 10am-10pm.

**Harrogate and Ripon 01423 544335,** 7 days a week, 10am-10pm.

**Craven 01274 221181,**  
10am-10pm.

**Selby 01904 615348,**  
7 days a week, 10am-10pm