

Mental Health and Wellbeing Support - Children and Young People

If you or someone you know is in immediate danger of serious harm to life call 999.

Mental Health Crisis Support for Young People

If a child or young person needs urgent mental health support or is experiencing something that makes them unsafe, call the mental health crisis support line in your area now. These single point of access numbers are free to call and available 24 hours a day, 7 days a week.

- **Bradford, Airedale, Wharfedale and Craven - First Response**
For people of all ages living in Bradford, Airedale, Wharfedale or Craven
www.bdct.nhs.uk/services/first-response/
Tel **0800 952 1181**
- **North Yorkshire (TEWV) - Mental Health Crisis Support**
For people of all ages living in most of North Yorkshire including Harrogate and Selby, also County Durham and Darlington and Teesside
www.tewv.nhs.uk/services/crisis-liaison-children-young-people/
Tel **0800 051 6171**
- **Leeds and York Partnership - Single Point of Access (SPA)**
For anyone in Leeds needing urgent care or treatment for a mental health crisis.
Tel **0800 183 1485**
If you're deaf or have hearing loss, text 07983 323867
- **NHS 111**
If you're not sure who to contact NHS111 can advise you. NHS 111 (freephone) is open 24/7 if you have a problem with your physical or mental health.
Tel 111 www.111.nhs.uk
- **GP Surgery**
Phone your GP surgery (including out of hours) for direction to an appropriate service.



CAMHS (Child and Adolescent Mental Health Service)

CAMHS is an NHS provided service that support young people experiencing difficulties with their mental health, behaviour or emotions. Access to CAMHS services is usually through a referral from your GP or hospital doctors (if urgent assessment is required) as well as from school nurses and health visitors.

Bradford District and Craven Care Trust

For information about CAMHS services in Bradford, Craven and Keighley areas,

Tel: **01274 723241** (Bradford) **01535 661531** (Keighley)

www.bdct.nhs.uk/services/child-adolescent-mental-health-camhs

North Yorkshire - Tees Esk and Wear Valley (TEWV) Mental Health Trust

Harrogate - for information about referrals to CAMHS in Harrogate & Rural District,

Tel: CAMHS on **0300 013 4778** (Monday to Friday 9am to 5pm)

Selby - for information about routine referrals to CAMHS in Selby District,

Tel: **01757 241 070** (Mondays to Fridays 9am to 5pm)

Email tewv.selbycamhs@nhs.net

Mental Health Support for Young People - Regional

North Yorkshire

- **The Go-To**

The Go To website is a directory of support services and resources for wellbeing and mental health for young people in North Yorkshire

www.thegoto.org.uk

- **Compass Phoenix**

Compass Phoenix is a free, confidential mental health and wellbeing service for children and young people who live in North Yorkshire between the ages of 9 to 19 (and up to 25 for those with special educational needs or disabilities)

Referrals can be made by young people or their parents, carers or professionals by downloading a referral form from the website.

You can speak to someone from Compass Phoenix by ringing

Tel: **01904 661916** or Freephone **0800 008 7452**

www.compass-uk.org/services/compass-phoenix

BUZZ US

BUZZ US is a confidential text messaging service offered by Compass to young people aged 11-18 across North Yorkshire who are experiencing mental health and wellbeing difficulties. To receive confidential advice, support and signposting from a wellbeing worker within one working day:

Text: **07520 631168**

For information on BUZZ US visit www.compass-uk.org/buzz-us



- **Growing Healthy North Yorkshire - Healthy Child Service**
Provides health and wellbeing services for children aged 0 to 19 and their families in North Yorkshire, including targeted emotional and mental health and resilience support. Referral form can be accessed via the website:
www.hdft.nhs.uk/services/childrens-services/5-19-ny/
Tel: **0300 303 0916**
- **Just B**
Just 'B' offers bereavement counselling and emotional wellbeing support to children, young people and adults across Harrogate, Hambleton and Richmondshire Districts. The Just 'B' Schools Service is an emotional wellbeing support service available in some North Yorkshire schools.
www.justb.org.uk Email: info@justb.org.uk
Tel: **01423 856 790** (children and young people's service)

Craven and Bradford

- **Healthy Minds, Bradford and Craven**
The Healthy Minds website is an easy to use index of mental health and wellbeing services and resources covering a range of topics which are available for everyone in Bradford, Airedale, Wharfedale and Craven. Use the Services Index to find local services by category.
www.healthyminds.services/young-people
- **Youth in Mind - Craven and Bradford**
Youth in Mind is a partnership of mental health and wellbeing services that provide one-to-one support and group support to children and young people aged 5 to 19 and up to 25 with additional needs in Bradford and Craven. Check age and location criteria of the services before applying via referral form on the website.
www.mindinbradford.org.uk/support-for-you/youth-in-mind

Youth in Mind Services:

Buddies - one to one and peer support groups for secondary school age who live, or go to school or a GP surgery in Bradford district

Hospital Buddies - emotional support for 5 to 19 year olds in Bradford Royal Infirmary or Airedale General Hospital

Inspire Young and Healthy People - one to one and nurture groups for ages 5 to 13 who live, or go to school or a GP surgery in postcodes BD1 up to BD9, not including BD4 or BD6

Know Your Mind - one to one and group support for ages 8 to 19 who live, or go to school or a GP surgery in postcodes BD1 up to BD9, not including BD4 or BD6

Know Your Mind Plus - one to one and group support for ages 5-19 who live, or go to school or a GP surgery in Keighley, Holme Wood or Buttershaw

M.A.G.I.C - coaching and mentoring for ages 5 to 11 who live, or go to school or a GP surgery in Bradford district



Mighty Minds - one to one and group support for ages 5 to 19 who live, or go to school or a GP surgery in Craven

Wellness Recovery Action Planning (WRAP) - 10 week activity programme for ages 5 to 19 who live, or go to school or a GP surgery in Bradford district

- **Guide-Line - Bradford, Airedale, Wharfedale or Craven**

Guide-Line is a confidential telephone helpline that provides mental health support and information for anyone of any age, who lives in Bradford, Airedale, Wharfedale or Craven and feels in need of support.

Freephone: **08001 884 884** available 8am to midnight 365 days a year

- **Kooth – Bradford and Craven**

Kooth is a digital mental health support platform and offers a live chat, discussion boards and a messaging service for young people aged 10 to 18 who live in the Bradford and Craven areas. To join visit the Kooth website www.kooth.com

Mental Health Helplines, Text and Webchat Services for Young People – National

- **Childline**

Childline is a free, confidential counselling, advice and support service for young people under 19 in the UK. Childline is open 24 hours a day, 7 days a week and young people can speak to a counsellor about anything they'd like to talk about by phone, email or online chat. Contact details are available on the website.

www.childline.org.uk/get-support/

Tel **0800 1111**

- **Every Mind Matters**

NHS website of resources, support, information and advice on all aspects of mental health and wellbeing, including for young people

www.nhs.uk/every-mind-matters/

www.nhs.uk/every-mind-matters/mental-wellbeing-tips/youth-mental-health/

- **The Mix**

The Mix provides support and advice for under 25s on topics affecting young people through a range of channels, including a free helpline and chat service, articles and peer-to-peer community chats.

www.themix.org.uk

Text: **THEMIX** to **85258** (free 24/7 crisis support text service provided in partnership with SHOUT)

Tel: **0808 808 4994** (free helpline for 11 to 25 year olds, open 4pm – 11pm Monday to Friday)



- **Papyrus UK**

Papyrus UK is a charity for the prevention of young suicide. Their trained advisers are available through HOPELINE 247 a suicide prevention helpline, to give free, confidential, non-judgmental advice to young people under the age of 35 who are experiencing thoughts of suicide, to concerned others and to professionals. You can contact HOPELINE247 via phone, text, email and webchat.

www.papyrus-uk.org/papyrus-HOPELINE247

Tel: **0800 068 41471**

Text: **07860 039967**

Email: **pat@papyrus-uk.org**

- **Recovery College Online**

The Recovery College Online provides a range of free online mental health educational courses and resources including for young people. The content of the site has been developed by people with experience of mental illness

www.recoverycollegeonline.co.uk

www.recoverycollegeonline.co.uk/young-people

- **SHOUT 85258**

Shout 85258 is a free, confidential, anonymous text support service for anyone in the UK struggling with mental health challenges. Trained volunteers give empathetic support via text.

Text **SHOUT** to **85258**.

- **YoungMinds**

YoungMinds is a mental health charity for children, young people and their parents supporting access to mental health resources.

www.youngminds.org.uk

YoungMinds Crisis Messenger provides free crisis support at all times

Text **YM** to **85258** (free 24/7 crisis support text service provided in partnership with SHOUT)

YoungMinds also offer helpline, webchat and email services to parents and carers concerned about their child's mental health, up to the age of 25.

Tel: Parents Helpline on **0808 802 5544** (Monday - Friday 9:30am - 4:00pm).

Parents webchat and email is available via the website

www.youngminds.org.uk/parent/parents-helpline-and-webchat/#ParentsWebchatandEmailservice



If you need further information or would like to discuss any aspect of your caring role, please contact Carers' Resource:

Tel: 0808 501 5939

Harrogate

Unit 3, Grove Park Court, Grove Park Terrace, Harrogate HG1 4DP

Bradford

15 Park View Court, St Paul's Road, Shipley, BD18 3DZ

Skipton

Ronaldsway House, 36 Brook Street, Skipton, BD23 1PP

info@carersresource.org

www.carersresource.org

We can provide this information in another format. Please contact us to discuss your requirements.

Date of information: August 2023; revise by August 2024

