



## **MENTAL HEALTH AND WELLBEING- Resources**

*Information included is either from professionals or recommended by families. It therefore covers a breadth of approaches, services and resources. If you have any resources you wish to include in this document please email [familiesofneurodiversekids@yahoo.com](mailto:familiesofneurodiversekids@yahoo.com).*

## **CHILDREN'S WELLBEING SERVICES**

### **Early Help Service**

Early Help use a collaborative approach to help children, young people and their families that have become overwhelmed by difficulties to make better choices, learn new skills and have aspirations to turn their lives around.

<https://www.northyorks.go.uk/early-help>

<https://www.northyorks.gov.uk/info/children-and-families-early-help-offer>

T:Central (Selby, Hambleton, Richmondshire) 01609 534829

T:West (Harrogate, Knaesborough and Ripon) 01609 534842

### **Compass Phoenix**

The aim of Compass Phoenix is to improve the outcomes for children and young people in relation to their emotional wellbeing and mental health by strengthening the range of mental health support available to children. They offer one to one or group support and interventions for children aged 9-19 ( and up to 25 for those with SEN needs) who are experiencing mild to moderate mental health difficulties. Also offer support to schools.

T:01904661916 or 0800 008 7452



Referral form is available from [www.compass-uk.org](http://www.compass-uk.org)

### **Buzz**

Compass offer a confidential text messaging service from children ages 11-18 across North Yorkshire. Young people can BUZZ US about any mental health or wellbeing worries such as low mood, eating problem, self harm, anxiety or self esteem.

Text 07520 631168 for confidential advice, support and signposting from a wellbeing worker within one working day via text.

### **CAMHS Crisis Team**

If you feel you are in danger or at risk of harm, you can contact the CAMHS Crisis service. For those living in Scarborough, Whitby, York, Selby, Ripon, Hambleton and Richmondshire you call 0800 051 6171 (24 hour service).

### **This May Help**

This website provides advice to support your child's mental health. It includes information on mental health, self harm, gaming and online activity, teenagers safety, building relationships with teenagers, eating disorders and school avoidance.

<https://thismayhelp.me>



## **Spectrum Gaming**

Information on anxiety and trauma in autistic people written by health professionals in collaboration with neurodivergent people.

**[www.barrierstoeducation.co.uk/anxiety](http://www.barrierstoeducation.co.uk/anxiety)**

## **MENTAL HEALTH SUPPORT**

### **Your GP**

<b>Samaritains</b>	w: Samaritains.org	T :116 123
<b>Mind</b>	w: Mind.org.uk	T:0300 123 3393
<b>CALM (for men)</b>	w:the calmzone.net	T:0800 58 58 58
<b>Papyrus (prevention of young suicide)</b>		
	w: papyrus-uk.org	T:0800 0684141
<b>Childline</b>	w:childline.org.uk	T:0800 1111
<b>Find a counsellor</b>	w:psychologytoday.com	
<b>Shout Crisis Text Line</b>		Text: 85258
<b>The Mix (under 25's)</b>	w:themix.org.uk	T:0808 808 4994
<b>SANE</b>	w:sane.org.uk	T0300 304 7000
<b>The Hub of Hope</b>	w:hubofhope.co.uk	
<b>MindOut (LGBTQ+)</b>	w:mindout.org.uk	



## **Andy's man club**

This group for men (aged 18+) runs from the clubhouse at Tadcaster Albion football ground every Monday (excluding bank holiday) at 7pm. It gives men the chance to talk with like minded guys about whatever they're struggling with. The group is free and there is no need to book. Just turn up, have a brew and a chat. For further details see their Facebook page **Andys Man Club**.

## **Resources**

- **Spiffy happiness shop**
- **Reading well scheme available through local library**