

Support for young people and parents/carers

Kooth <https://www.kooth.com/>

Free, safe and anonymous online support for young people which provides information, guidance on online counselling.



Compass BUZZ US text service: Compass BUZZ offers a confidential text messaging service to young people aged 11-18 across North Yorkshire. Text the service on **07520 631168** to receive confidential advice, support and signposting from a wellbeing worker within one working day.

Childline <https://www.childline.org.uk>

Provides a range of information and support on a number of issues. This includes support on cyberbullying



Childline calm zone <https://www.childline.org.uk/toolbox/calm-zone/> provides ideas to support emotions.

<http://www.ostrichfoundation.co.uk> Raise awareness for the prevention of suicide, especially in young people



Anna Freud <https://www.annafreud.org/>



Just B- Bereavement support and a new telephone counselling service:



Hear to Help

Do you need a moment to talk?

Hear to Help is a helpline providing support and advice to those who are feeling anxious or struggling with their emotional wellbeing around the COVID-19 outbreak.

Available to children, young people and adults across the Harrogate District from Monday March 23, 8am-8pm, seven days a week.

A service provided by Just 'B', part of Saint Michael's Hospice.

(01423) 856 799

North Yorkshire Hospice Care is a registered charity in England and Wales (518905) with a family of services operating as Herriot Hospice Homecare, Just 'B', Saint Michael's Hospice and Talking Spaces. North Yorkshire Hospice Care is a company limited by guarantee, registered in England and Wales (2121179). Registered address Crimple House, Hornbeam Park Avenue, Harrogate, HG2 8QL.

www.headspace.com

<https://www.mentalhealth.org.uk/podcasts-and-videos>

<https://www.healthline.com/health/mental-health/top-meditation-iphone-android-apps#insight-timer>

North Yorkshire specific website that provides information to help signpost young people, families and professionals to the right information and services available <https://www.thegoto.org.uk>

North Yorkshire services and support- Information on the universal, targeted and specialist services and support available <https://www.northyorks.gov.uk/support-childrenyoungpeople-and-their-families#emot>

NHS suggested apps to support mental health

<https://www.nhs.uk/appslibrary/category/mental-health>

Stonham Home Group- Support for people at risk of losing their home. www.homegroup.org.uk
01423704109

IDAS- Independent Domestic Abuse Service
03000110110 or <https://www.idas.org.uk>

North Yorkshire County Council Safeguarding Team
01609 780780

EXTENDED LIVE CHAT SESSIONS #COVID19UK

Are you concerned for someone you know?

Are you afraid of your partner and worried about self-isolation?

Live Chat
3 pm - 6 pm
Monday - Friday
idas.org.uk

