

This information sheet is for any young person who may need support during or after a crisis.

When you are in a crisis you may feel very alone. You may feel you can't cope or don't know where to turn. It can really help to talk to someone so consider talking to someone you trust – a friend, a relative or someone at school or your youth group.

There are also many other people you can talk to in confidence or website resources where you can get the information or support you need, this leaflet contains their contact information. Many services provide email or written contact support as well. You don't have to struggle alone.

(Contacts in alphabetical order)

BEATING EATING DISORDERS (BEAT)

www.b-eat.co.uk

Provides information, help and support for people affected by eating disorders (including anorexia and bulimia nervosa).

Youthline for under 18s

Call **08456 347650**

TXT: **07786 20 18 20**

Mon - Fri 4:30pm - 8:30pm, Sat 1:00pm - 4:30pm, Sun Closed, Bank Hols 11:30am - 2:30pm

Email fyp@b-eat.co.uk

CARELINE www.carelineuk.org

Provides a confidential telephone counselling service.

Call **0845 122 8622** 10am - 1pm and 7pm - 10pm, Mon – Fri

CHILDLINE www.childline.org.uk

Free 24 hour helpline for children and young people in the UK to talk about any problem.

Call **0800 1111**

Write to **ChildLine, Freepost NATN1111, London E1 6BR**

Special helpline - **The Line** - for any young person living away from home i.e. if you live in a children's home, at boarding school or you've been in hospital for a long time – call **0800 88 44 44** 3.30pm - 9.30pm weekdays, 2pm - 8pm weekends.

CRISIS CALL

Out-of-hours telephone helpline for people with mental health problems and their carers.

Call **0800 501254** Mon - Fri 4.30 pm - 9.00 am; Saturdays, Sundays and Bank Holidays 24 hour service.

Email crisiscall@btconnect.com

GET CONNECTED www.getconnected.org.uk

Provides a free, confidential helpline for support and information.

Call **0808 808 4994** for free 1pm - 11pm

Email help@getconnected.org.uk at any time and they will get back to you within 24 hours

Webchat through the website 7pm - 10pm every night.

FRANK www.talktofrank.com

24 hour drugs information helpline

Call **0800 776600**

Email via website

MUSLIM YOUTH HELPLINE www.myh.org.uk

Free, confidential telephone counselling service for young Muslims run by young Muslims

trained in counselling skills for culturally sensitive support.

Call **0808 808 2008**

Email help@myh.org.uk

NHS DIRECT www.nhsdirect.nhs.uk

Call **0845 4647** for nurse advice and health information. The helpline is open 24 hours.

SAMARITANS www.samaritans.org

Samaritans provides confidential non-judgemental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair.

Call **08457 90 90 90**

Email jo@samaritans.org

Write to **Chris, P.O. Box 9090, Stirling FK8 2SA**

SUPPORTLINE www.supportline.org.uk

SupportLine offers confidential emotional support for children, young adults and adults by telephone

Call **020 8554 9006**

Email info@supportline.org.uk

Write to **SupportLine, PO Box 1596, Ilford IG1 3FW**

YOUTH2YOUTH www.youth2youth.co.uk

National young persons' helpline, run by young people for young people.

Call **020 8896 3675** (Monday and Thursday from 6.30pm to 9.30pm)

Email the service via the website,

www.youth2youth.co.uk

WEBSITES

www.askTheSite

Advice for a range of problems, information on local support and helplines.

www.connexions-direct.com

Information and advice for 13 –19 year olds, also helpline **080 800 13 2 19** between 8am and 2am everyday.

www.itsnotyourfault.co.uk

Advice and suggestions for young people whose parents are splitting up.

www.thecalmzone.net

Support aimed at young men for information and advice on a range of life issues.

www.there4me.com

Support aimed at 12-16 year olds for emotional issues including drugs and self harm.

www.teenagehealthfreak.org

Web-based health information on range of emotional and other teenage issues.

www.selfharm.org.uk

Information resource for young people who self-harm, their friends and families.

www.youngminds.org.uk

Information for young people on mental health and emotional well-being

www.worriedneed2talk.org.uk

Information about range of services and people that are there to help young people.

LOCAL SUPPORT & SERVICES

www.guide4lifeharrogate.com

Local on-line help and support guide for young people aged 13 - 16 years in Harrogate area.

CRASHPAD

Help for 16 / 17 year olds who are homeless or threatened with homelessness.

Call **01423 522915** Mon – Fri 9am – 5pm

Email crashpad@barnardos.org.uk

HOWZTALK

Support information and advice for young people who are at risk of becoming homeless.

Call **01423 869815** Mon - Fri 9am - 4pm

Email howztalk@harrogate.gov.uk

RELATEEN

Counselling for young people 11 - 19 years for problems with family or other relationships

Call **01423 502173**

TRAX @ Connexions

Station Bridge, Harrogate

Call **01423 871722** for careers advice and

signposting to other local support agencies.

Talk to your GP, school nurse, health visitor, school support worker, Connexions PA or youth worker about how you can get support, if appropriate, from the **Harrogate Child and Adolescent Mental Health Service (CAMHS)**

NB Information correct at time of press
Harrogate CAMHS does not specifically endorse any of the resources mentioned

Help! I'm
having a crisis!



Support & advice contacts
for young people

North Yorkshire and York 
Primary Care Trust