

This information sheet is for parents / carers of any child or young person who may need support during or after a crisis.

When someone you care for is experiencing a crisis you may feel very alone. There are many people out there you can talk to or other resources like websites where you can access the information or support you need.

You may feel you can't cope or don't know where to turn. It can really help to talk to someone so this leaflet contains contact information for many agencies that can support you confidentially. If you feel it's difficult to talk many services provide email or letter contact. You don't have to struggle alone.

Please also see the separate sheet for young people.

(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) and their parents / carers.

Tel. **08456 341414** Monday to Friday 10:30am - 8:30pm, Saturdays 1:00pm - 4:30pm, Sunday ~ Closed

Bank Holidays 11:30am - 2:30pm

Email: help@b-eat.co.uk

CRISIS CALL

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

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

Email crisiscall@btconnect.com

GASPED www.gasped.org.uk

Provides information, help, support and advice to parents / carers of drug misusers.

Tel. **0845 1460002** available 24 hours, all year.

HOPELineUK www.papyrus-uk.org

Helpline providing support, advice and information to anyone concerned that a young person may be suicidal.

Tel: **0870 170 4000** Monday to Friday 7am - 10pm, weekends 2pm - 5pm

MIND INFO LINE

Provides mental health information service to people contacting by phone, email or letter, offers information, support and understanding. Monday to Friday 9.15 to 5.15

Tel: **0845 766 0163**

Email info@mind.org.uk

Write to **Mind, PO Box 277, Manchester M60 3XN**

PARENTLINEPLUS www.parentlineplus.org.uk

Parentline Plus offers support and information to parents on a range of issues

Tel. **0808 800 2222**

Textphone **0800 783 6783**

Email parentsupport@parentlineplus.org.uk

NHS DIRECT www.nhsdirect.nhs.uk

For 24 hours, all year nurse advice and health information.

Tel: **0845 4647**

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.

Tel: **08457 90 90 90**

Email jo@samaritans.org

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

YOUNGMINDS www.youngminds.org.uk

The YoungMinds Parents' Information Service is a confidential helpline that provides information and advice for any adult with concerns about the mental health of a child or young person.

Tel: **0800 018 2138**

Email: enquiries@youngminds.org.uk

OTHER SUPPORT AGENCIES

ATTENTION DEFICIT DISORDER INFORMATION & SUPPORT SERVICE

www.addiss.co.uk

Provides support, information and resources about attention deficit hyperactivity disorder for parents, sufferers and carers.

Tel: **020 8906 9068**

NATIONAL AUTISTIC SOCIETY

www.nas.org.uk

Information on autism and Asperger syndrome, and support services in the UK.

Tel: **0845 070 4004**

RELATE www.relate.org.uk

Confidential relationship counselling including family counselling.

Tel: **0845 130 4016**

Harrogate branch **01423 502173**

SANE www.sane.org.uk

Practical information, emotional support and crisis care for people affected by mental health problems.

Tel: **0845 767 8000** (12pm - 2am)

WOMEN'S AID www.womensaid.org.uk

Working to end violence against women and children.

Tel: **0808 200 0247**

Harrogate Women's Refuge

Helpline **01423 530078**

Email info@re-claim.net

WEBSITES

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.selfharm.org.uk

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

www.worriedneed2talk.org.uk

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

LOCAL SUPPORT & SERVICES

HOWZTALK / ARCH MEDIATION

Support information and advice for young people who are at risk of becoming homeless. ARCH also offers family mediation in order to resolve disputes between young people and their families.

Call **01423 869815** Monday to Friday, 9am - 4pm

RELATE

Family counselling for families, parents and children to support 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 or health visitor 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! Someone I care for is having a crisis!



Support & advice contacts for parents & carers

North Yorkshire and York 
Primary Care Trust