

## Additional Sources of Support & Information available

Please note, it has not been able to check what level of provision these services are able to offer at the current time.

### General Support and Information:

#### Emergency 999

Call an ambulance if someone has already taken steps to end their life. Call the police if there is a risk of immediate harm to someone.

#### North Yorkshire Social Care

Telephone: 01609 780780

The emergency duty team carries out urgent assessments of adults, young people and children and solves more than 90 per cent of cases by giving telephone advice.

The team can be contacted outside office hours, including weekends and public holidays.

#### Samaritans of Harrogate and District

Address: 5 Mount Parade, Harrogate, North Yorkshire, HG1 1BX

Freephone: 116 123

Website: <https://www.samaritans.org>

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Whatever you're going through, you can call free any time, from any phone on **116 123**. You don't have to be suicidal to call.

#### North Yorkshire Out of Hours Mental Health Helpline

**Tel 0800 561 0076**

A confidential and anonymous service available to anyone registered with a North Yorkshire GP.

Providing a listening ear, emotional support, signposting and referral into other services for individuals and the carers of people experiencing mental distress.

Open from Monday to Thursday, 5pm to 8.30am

Open on Friday from 4.30pm (24 hours at the weekends, including bank holidays)

#### Crisis Team

**Harrogate:** 01423 553778

**Northallerton:** 01609 763702

#### Saneline

Helpline: 0845 767 8000

Website: [www.sane.org.uk](http://www.sane.org.uk)

National helpline for anyone coping with mental illness, including concerned relatives or friends.

## Additional Sources of Support & Information available continued

### **Drug and Alcohol Services:**

#### **N Y Horizons**

Tel: 01723 330730

Drug and alcohol recovery services for North Yorkshire. Range of free, confidential and non-judgemental services for individuals and their families. Line manned Monday to Friday 9am to 5.30pm.

### **Stress/Anxiety:**

#### **Anxiety UKMENU**

Freephone: 08444 775 774

Opening times: Mon-Fri 9:30am - 5.30pm

Text Service: 07537 416 905

Website: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

#### **Anxiety Alliance**

Helpline: 0845 2967877

Website: [www.anxietyalliance.org.uk](http://www.anxietyalliance.org.uk)

Support for those suffering from stress/anxiety.

#### **No Panic**

Freephone: 0800 1388889

Website: [www.nopanic.org.uk](http://www.nopanic.org.uk)

Support for anxiety, phobias and obsessions.

#### **ISMA (International Stress Management UK)**

Website: [isma.org.uk](http://isma.org.uk)

Free downloads regarding stress, facts about stress, stressbusting tips, how to identify stress etc.

#### **Headspace App for mindfulness**

Website: [www.headspace.com](http://www.headspace.com)

Teaches meditation and mindfulness.

#### **Calm – App**

Website: [www.calm.com](http://www.calm.com)

Provides meditations for stress, anxiety and sleep (sleep stories).

### **Depression:**

#### **Depression UK**

Website: [www.depressionuk.org](http://www.depressionuk.org)

A charity providing information, advice and support for those with depression or caring for someone with depression.

## Additional Sources of Support & Information available continued

### **Self Harm:**

#### **The Mix**

Freephone: [0808 808 4994](tel:08088084994)

Website: [www.themix.org.uk](http://www.themix.org.uk)

Specifically for the under 25s One to one focused support with a trained team, either by phone, webchat, or email. Covers all mental health issues including self harm, eating disorders, depression and anxiety.

#### **Battle Scars**

[www.battle-scars-self-harm.org/uk](http://www.battle-scars-self-harm.org/uk)

Charity that aims to support people who self-harm and support family, friends and carers (aim of removing the stigma). Support online and groups run in Leeds to help educate professionals about the issues of self-harm.

### **Eating Disorders:**

#### **ABC (Anorexia & Bulimia Care)**

Website: <http://www.anorexiabulimiacare.org.uk>

Freephone: 03000 11 12 13

A dedicated support line for those suffering with Anorexia or Bulimia, as well as support for the family and friends of those with eating disorders. Over 25 years of experience enables us at ABC to offer personal, on-going, emotional support and practical guidance for recovery for people struggling with Anorexia Nervosa, Bulimia Nervosa and Binge eating, in addition to related self-harm.

#### **Beat**

Helpline: 0808 801 0677

Youthline: 0808 801 0711

Website: [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

Telephone, support groups and online support for individuals with eating disorders, as well as training, information and resources for families, employers and schools.

### **Sexual Assault:**

#### **SARC – York**

Telephone:

Helpline 01904 669 339

[www.turntobridgehouse.org](http://www.turntobridgehouse.org)

Sexual Assault Referral Centre providing a dedicated service for men or women who have been raped or sexually assaulted recently or in the past. Offer a safe and welcoming environment which focuses on your individual needs offering emotional and practical support. Accept self referral victims who have experienced rape or sexual assault either recently or historically.

## [Additional Sources of Support & Information available continued](#)

### **Domestic Abuse:**

#### **IDAS**

Telephone: Free 24hr Local Helpline: 03000 110 110

Telephone: Free 24hr National Helpline: 0808 2000 247

[www.idas.org.uk](http://www.idas.org.uk)

Email: [info@idas.org.uk](mailto:info@idas.org.uk)

IDAS is a specialist charity that provides comprehensive support services to anyone experiencing or affected by domestic abuse or sexual violence. Our services include refuge accommodation, community based support, peer mentoring, group work and access to a free, confidential 24 hour helpline.

### **Online Mental Health Support - Peer Support Forums:**

#### **Mind.org**

Elefriends is a supportive online community where you can be yourself. We all know what it's like to struggle sometimes, but now there's a safe place to listen, share and be heard.

#### **National Self Harm Network**

**Website:** [www.NSHN.co.uk](http://www.NSHN.co.uk)

An online Forum dedicated to support individuals who self harm as well as the families and carers of those who self harm.

### **Suicide:**

#### **CALM (Campaign against living miserably)**

Freephone: 0800 58 58 58 (nationwide)

Hours: 5pm – midnight, 365 days a year

Website: [www.thecalmzone.net](http://www.thecalmzone.net)

Charity dedicated to the prevention of male suicide. They provide telephone or webchat support year round, as well as education and support for families and friends post-suicide.

#### **Stay Alive App**

App is free to download on Google Play and Apple App store or at

[www.prevent-suicide.org.uk](http://www.prevent-suicide.org.uk)

It is a prevention app that offers help both to people with thoughts of suicide and to people concerned about someone else. Links to 14 UK helplines.

## Additional Sources of Support & Information available continued

### **Psychosis:**

#### **Hearing Voices Network (HVN)**

Sheffield Hearing Voices Network,  
Limbrick Day Service, Limbrick Road,  
Sheffield, S6 2PE

**Phone:** 0114 271 8210

**Email:** [nhvn@hotmail.co.uk](mailto:nhvn@hotmail.co.uk)

Website: [www.hearing-voices.org](http://www.hearing-voices.org)

A peer-focused national organisations for people who hear voices and supporting family members, activists and mental health practitioners. Members may or may not have a psychiatric diagnosis.

#### **Action on Post-partum Psychosis (APP Network)**

**Website:** [www.app-network.org](http://www.app-network.org)

Information to women who have experienced PP and their families, via website and Insider Guides. Peer support to families affected by PP through the forum, Research into the causes of Postpartum Psychosis, treatments for this illness and what helps families to recover.

### **Bereavement:**

#### **Reflect**

Telephone: Harrogate 01423 206710 / 07517 638007

Thirsk 07523 278091

Email: [enquiry@reflectharrogate.co.uk](mailto:enquiry@reflectharrogate.co.uk)

[www.reflectharrogate.co.uk](http://www.reflectharrogate.co.uk)

Providing a confidential service to all clients. Offer a trained listening ear, factual information and unconditional acceptance to those who are experiencing a crisis relating to pregnancy, or pregnancy loss, in York and surrounding areas.

#### **Survivors of Bereavement by Suicide (SOBS)**

Helpline – open 9am to 9pm, 0300 111 5065

[www.uk-sobs.org.uk](http://www.uk-sobs.org.uk)

Email: [sobs.support@hotmail.com](mailto:sobs.support@hotmail.com)

Survivors of Bereavement by Suicide exist to meet the needs and break the isolation experienced by those bereaved by suicide. self-help organisation and we aim to provide a safe, confidential environment in which bereaved people can share their experiences and feelings, so giving and gaining support from each other.