



Signposting Information Sheet

In the event of a mental health crisis

Visit your local **Accident and Emergency** Department or contact:

Samaritans on **116 123** who can help you explore your options, understand your problems better, or just be there to listen.

North Yorkshire Out of Hours Mental Health Helpline, tel **0333 0000 309**.

This is a confidential and anonymous service available to anyone registered with a North Yorkshire GP. Calls are free from a mobile as well as from landlines.

NHS mental health services

Contact your **GP** for non-urgent concerns about your health and wellbeing, including any changes to your medications.

Call the **NHS non emergency number (111)**. You will be asked a series of questions to assess your symptoms and in order to direct you to the best medical care for you.

IAPT¹ provides a range of short courses such as 'Healthy Minds', 'Stress Control' and 'Low Self Esteem'. Call **01947 899 270** or ask your GP to refer you.

Other counselling services

St Catherine's Hospice **Bereavement Support Service**, tel. **01723 351 421**

Northern Lights Therapy Service offers counselling and psychotherapy and creative arts therapies to people who have experienced or been affected by sexual abuse and violence, domestic abuse and violence and/or any other controlling behaviour. Tel. **01723 364 685**, email: contact@northernlightstherapyservice.org.uk

Other organisations helping people with mental health problems

Next Steps Mental Health Resource Centre supports people with mental health problems by providing a drop-in centre, activities and outreach groups Kirkbymoorside and Pickering, tel. **01653 690 854**, website: www.nextstepsryedale.co.uk

¹ Improving Access to Psychological Services

01653 690 124 * info@community-counselling.org.uk * www.community-counselling.org.uk

Scarborough, Whitby and Ryedale Mind is a registered charity providing advice and support to adults with mental health problems since 1962, tel. **01723 588 008**, email: info@swrmind.org.uk, website: swrmind.org.uk

Victims of crime

Residents of North Yorkshire who have been victims of crime can apply to **Supporting Victims** for a range of different types of support, including counselling.

Tel: **0808 168 9293**, website: www.supportingvictims.org

IDAS is a North Yorkshire charity which supports people affected by domestic violence and sexual violence. Tel: **03000 110 110**, email: info@idas.org.uk

For advice on financial, employment, benefit and housing issues

Ryedale Citizens Advice, tel. **03444 111 444**, website: www.ryedalecab.org.uk

Scarborough & District Citizens Advice, tel. **03444 111 444**, website: www.citizensadvice.org.uk/scarborough-district

Volunteering Opportunities

Search for volunteering opportunities here: cavca.org.uk/volunteer-board/ or contact **CaVCA² Volunteer Services** on **01653 600 120** for more information.

Support for carers

Ryedale Carers Support. Tel. **01751 432 288**, email: enquiries@ryedalecarers.org.uk, website: www.ryedalecarers.org.uk

Scarborough & Ryedale Carers Resource. Tel. **01723 850 155**, email: staff@carersresource.net, website: www.carersresource.net/

Addictions

North Yorkshire Horizons is the local drug and alcohol recovery service. Tel. **01723 330 730**, email: info@nyhorizons.org.uk, website: www.nyhorizons.org.uk

Children and young people

Childline is a free and confidential helpline for children and young adults. Tel **0800 1111** to speak to a counsellor 24/7. Children don't have to give a name.

For information about more local services please visit the Directory page on our website.

² Coast and Vale Community Action