## Adult Self-Referral Mental Health Support & Wellbeing Resources

If you're in crisis and need support, it's important to get help. If you've seriously injured yourself or taken an overdose call 999 or get immediate medical advice from NHS 111,choosing option 2 for mental health.

Please see information below for local and national support resources.

	https://www.northyorks.gov.uk/healthy-	If you are experiencing difficulties with your
	living/mental-health/local-mental-health	mental health and would like some support
	Mental health services for social care	North Yorkshire County Council can help
North Yorkshire County Council	support and assessments	you find advice about improving your
9	Tel: 01609780780	mental health and accessing local support in
	Or the mental health crisis team	North Yorkshire.
	Tel: 08000516171	
	https://northyorkshiretalkingtherapies.co.uk/	Offering help and advice after a traumatic
North Yorkshire	GP or self-referral online.	event, a bereavement, suffering from low
Talking Therapies		mood, anxiety, panic attacks and phobias.
	https://www.community-	Offer a number of different types of
	<u>counselling.org.uk/</u>	counselling and psychotherapy, including
	01653 690 124 (GP or self-referral online)	Person-Centred Counselling, Relational and
	Office open: 1-4pm Mon - Thurs	Psychotherpeutic approaches, Couples
Community		Counselling, trauma recovery work, where
Counselling		appropriate, including Eye Movement
		Desensitisation and Reprocessing,
		counselling for victims of crime and sexual
		abuse.
	Call NHS 111, choosing option 2 for mental	Mental health CRISIS line – urgent help with
NHS	health. Available 24/7	mental health distress and mental health
Tees, Esk and Wear Valleys	https://www.tewv.nhs.uk/services/crisis-	services for older people.
	advice/	
	https://andysmanclub.co.uk/	Andys Man Club – talking group for men to
	Email: info@andysmanclub.co.uk	provide support for mental health if you have either been through a storm, are currently
	Facebook page for Scarborough:	going through a storm or have a storm brewing
#ITSOKAYTOTALK	https://www.facebook.com/Andys-Man- Club-Scarborough-106815790866503	in life.

	http://www.swrmind.org.uk	One to one peer support, workshops,
	Tel: 01723 339838	counselling for people with a serious mental
		illness, social prescribing and a partnership
Scarborough, Whitby and Rycdale		project with Citizen's Advice to provide
		financial and welfare advice to people with
		mental ill health.
	https://www.recoverycollegeonline.co.uk/	Online education courses and resources for
k recoverycollege		people struggling with mental health issues.
	https://scarboroughsurvivors.org.uk/	Representing and supporting people with
	Telephone support available, please see	poor mental health. Their experienced crisis
	their website for contact numbers which	support staff work alongside colleagues at
	are different depending on which day or	Scarborough Hospital A & E department to
	night the call is needed.	support people
	9 Alma Square, Scarborough, YO11 1JR	aged 16 and over who are in distress.
	https://www.qwell.io/	Qwell is an online emotional, wellbeing and
		mental health support site, offering a safe
Qwell		and confidential space to share experiences
		and gain support from our community and
		qualified professionals.
	https://www.thecalmzone.net/	Support for men struggling or in crisis. The
	Tel: 0800 585858 (5pm-12am daily)	Campaign Against Living Miserably (CALM)
CAMPAIGN Against Living	Webchat is also available.	is leading a movement against suicide.
		Every week 125 people in the UK take their
CALM		own lives. And 75% of all UK suicides are
		male. CALM exists to change this.
	https://www.nyhorizons.org.uk/	North Yorkshire Horizons – adult drug and
	Free phone Tel: 08000 141480 (9am to	alcohol recovery service. The Scarborough
	5pm)	hub is located at 56-60 Castle Road , YO11
NORTH YORKSHIRE HORIZONS	Tel: 01723 330730	1XE, feel free to drop in and discuss any
		issue with one of our dedicated support
		staff, open 9am -5pm treating everybody
		with the same sensitivity, no matter what
		your individual needs.

EMARITORINGTel: 116 123 24 hours a day Email: jo@samaritans.orgSamaritan will face it with you. Help is available 24 hours a day, 365 days a year. A safe place for anyone struggling to cope.Image: jo@samaritans.orgIntps://www.idas.org.uk/ Helpline Tel: 03000 110 110 Scarborough Office Tel: 01723 354 874 Email: info@idas.org.ukYorkshire charity supporting anyone experience or affected by domestic abuse or sexual violence. IDAS provides comprehensive support and advice to victims and survivors.Image: find@idas.org.ukAre you a veteran struggling with civilian life? FirstLight Trust Supporting veterans locally, they provide on the ground support for veterans of the Emergency Services and armed Forces.Image: find@idas.org.uk/ Online chat also available.Relationship support for everyone. Offering a range of services helping people of all ages, backgrounds, sexual orientations and gender identities to strengthen their relationships.Image: find@idas.org.uk/ Dub: charty.caffe/ Image: find@idas.org.uk/Relationship support for everyone. Offering a range of services helping people of all ages, backgrounds, sexual orientations and gender identities to strengthen their relationships.Image: find@idas.org.uk/ Dub: find: find.org.uk Dub: charty.caffe/ Image: find.org.uk Dub: charty.caffe/ Dub:		https://www.samaritans.org/	Whatever you're going through, a
Email: joto/samaritanis.org   available 24 hours a day, 365 days a year. A safe place for anyone struggling to cope.     Image: place for anyone struggling to cope.   A safe place for anyone struggling to cope.     Image: place for anyone struggling to cope.   Yorkshire charity supporting anyone experience or affected by domestic abuse or sexual violence. IDAS provides comprehensive support and advice to victims and survivors.     Image: place for anyone struggling with civilian info@idas.org.uk   Yorkshire charity supporting anyone experience or affected by domestic abuse or sexual violence. IDAS provides comprehensive support and advice to victims and survivors.     Image: place for anyone struggling with civilian info@idas.org.uk   Are you a veteran struggling with civilian life? FirstLight Trust Supporting veterans locally, they provide on the ground support for veterans of the Emergency Services and Armed Forces.     Image: place for outper solution solution of the satt@relate.org.uk/ Colline chat available or 0300 0030396 Scarborough office Tel: 01325 461500 / 0191 2329109   Relationship support for everyone. Offering a range of services helping people of all ages, backgrounds, sexual orientations and gender identities to strengthen their relationships.     Image: place for victors advage solution of the satt@relate.org.uk/ Tel: 01723 363910   Advocacy Alliance – free practical bereavement support with forms, letters and funeral directors.     Image: place for victs in York and Leeds   BPAS (British Pregnancy Advisory Service) care and support that you feel you are unable to continue with, they will support you to make a decision that is right f	SAMARITANS	Tel: 116 123 24 hours a day	Samaritan will face it with you. Help is
https://www.idas.org.uk/   Vorkshire charity supporting anyone experience or affected by domestic abuse or sexual violence. IDAS provides comprehensive support and advice to victims and survivors.     Integration of the tails the tails of the tails tails the tails the		Email: jo@samaritans.org	available 24 hours a day, 365 days a year.
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Scarborough Office Tel: 01723 354 874 Email: info@idas.org.ukor sexual violence. IDAS provides comprehensive support and advice to victims and survivors.Ites://www.firstlighttrust.co.uk/ http://www.firstlighttrust.co.uk/ advice@firstlightrust.co.uk/ 64 Newborough, Scarborough, V011 1ET Tel: 01723 361210Are you a veteran struggling with civilian life? FirstLight Trust Supporting veterans locally, they provide on the ground support for veterans of the Emergency Services and Armed Forces.Ites://www.firstlightrust.co.uk/ 64 Newborough, Scarborough, V011 1ET Tel: 01723 361210Relationship support for everyone. Offering a range of services helping people of all ages, backgrounds, sexual orientations and gender identities to strengthen their relationships.Ites://www.fleate.org.uk/ Email: northeast@relate.org.uk/ Duine chat available or 0300 0030396 Scarborough office Tel: 01325 461500 / 0191 2329109 The Street, 12 Lower Clark Street, Y012 7PWRelationship support for everyone. Offering a range of services helping people of all ages, backgrounds, sexual orientations and gender identities to strengthen their relationships.Ites://www.fbpas.org/ Tel: 01723 363910Advocacy Alliance – free practical bereavement support with forms, letters and funeral directors.Ites://www.tbpas.org/ Tel: 03457 304030PPAS (British Pregnancy Advisory Service) care and support after miscarriage or abortion. If you discover that you have a pregnancy that you feel you are unable to continue with, they will support you to make a decision that is right for you.Ittps://www.thegoodgrieftrust.org/ Email: hello@thegoodgrieftrust.org/ Email: hello@thegoodgrieftrust.org/Provides bereavement support through local and nati		https://www.idas.org.uk/	Yorkshire charity supporting anyone
Online chat also available. víctims and survivors.   Intps://www.firstlighttrust.co.uk/ Are you a veteran struggling with civilian life? FirstLight Trust Supporting veterans locally, they provide on the ground support for veterans of the Emergency Services and Armed Forces.   Intps://www.firstlighttrust.co.uk/ Relationship support for everyone. Offering a range of services helping people of all ages, backgrounds, sexual orientations and gender identities to strengthen their relationships.   Intps://www.forstlightcrust.co.uk/ Relationship support for everyone. Offering a range of services helping people of all ages, backgrounds, sexual orientations and gender identities to strengthen their relationships.   Intps://www.forstlightcrust.co.uk/ Relationship support for everyone. Offering a range of services helping people of all ages, backgrounds, sexual orientations and gender identities to strengthen their relationships.   Intps://www.forstlightcrust.co.uk/ Relationship support for everyone. Offering a range of services helping people of all ages, backgrounds, sexual orientations and gender identities to strengthen their relationships.   Intps://www.forstlightcrust.co.uk Advocacy Alliance – free practical bereavement support with forms, letters and funeral directors.   Intine chat available or 0300 03030 Services helping people of all ages, backgrounds, sexual orientation and service) care and support with forms, letters and funeral directors.   Inte: 01723 363910 Inter 01723 363910 Advocacy Alliance – free practical bereavement support with forms, letters and funeral directors.		Helpline Tel: 03000 110 110	experience or affected by domestic abuse
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https://www.thegoodgrieftrust.org/   Provides bereavement support through     Email: hello@thegoodgrieftrust.org   local and national resources, helping you			continue with, they will support you to
Email: <u>hello@thegoodgrieftrust.org</u> local and national resources, helping you			make a decision that is right for you.
good	good grief	https://www.thegoodgrieftrust.org/	Provides bereavement support through
find the support you need as quickly.		Email: <u>hello@thegoodgrieftrust.org</u>	local and national resources, helping you
			find the support you need as quickly.

	https://www.nhs.uk/oneyou/every-mind-	Expert advice and practical tips to help you
Every Mind	matters/	look after your mental health and
Matters		wellbeing.
	https://www.cruse.org.uk/	Bereavement advice and support, coping
	Tel: 0808 8081677	with grief, also supporting you when
	Cruse Chat service available online, open	someone you care about dies in a sudden
Cruse	9am - 9pm Monday to Friday.	and/or traumatic situation or when
Care	Local contact for York & North Yorkshire	someone dies by suicide.
	Tel: 01904 481162	
	York@cruse.org.uk	
	https://llttf.com/	Free online courses covering low mood,
	Tel: 01360 661 078	stress and resilience. Work out why you feel
		as you do, how to tackle problems, build
www.llttf.com		confidence, get going again, feel happier,
		stay calm, tackle upsetting thinking and
		more.
	https://giveusashout.org/	Shout 85258 is a free, confidential, 24/7
	Text 'shout' to 85258	text messaging support service for anyone
shout		who is struggling to cope. Helping with
85258		anxious, stressed, depressed, suicidal or
		overwhelmed people who need immediate
		support.
	https://www.anxietyuk.org.uk/	Helping those suffering with anxiety
<u>()</u>	Tel: 03444 775774 (Mon- Fri 9:30-5:30pm)	disorders.
	Text support: 07537 416 905	
	Email: <a href="mailto:support@anxietyuk.org.uk">support@anxietyuk.org.uk</a>	
	https://nopanic.org.uk/	Support for people living with phobias, OCD
No Panic	0844 9674848 10am to 10pm everyday	& other anxiety-based disorders. They can
Don't suffer alone Pick up the phone	info@nopanic.org.uk	help and support you to find ways to
		control anxiety instead of it controlling you.
	https://www.gamcare.org.uk/	Are gambling problems affecting you, or
	Tel: 0808 8020133 (24 hours a day)	those close to you? GamCare can provide
<b>G</b> amCare	Also live webchats are available.	free information, advice and support for
		anyone harmed by gambling.

Beat	https://www.beateatingdisorders.org.uk/	Supporting people who have or are worried
	Tel: 0808 8010677 (9-8pm Mon-Fri & 4-	they have an eating disorder, as well as
	8pm weekends and bank holiday)	others affected, such as friends and family.
	http://www.alcoholics-anonymous.co.uk/	If you seem to be having trouble with your
	Tel: 0800 9177650	drinking, or if your drinking has reached the
	help@aamail.org	point of where it worries you AA can
		support you in your recovery and sobriety
		of alcohol misuse.