







# 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.

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

	<a href="http://www.swrmind.org.uk">http://www.swrmind.org.uk</a> Tel: 01723 339838	One to one peer support, workshops, counselling for people with a serious mental illness, social prescribing and a partnership project with Citizen's Advice to provide financial and welfare advice to people with mental ill health.
	<a href="https://www.recoverycollegeonline.co.uk/">https://www.recoverycollegeonline.co.uk/</a>	Online education courses and resources for people struggling with mental health issues.
	<a href="https://scarboroughsurvivors.org.uk/">https://scarboroughsurvivors.org.uk/</a> Telephone support available, please see their website for contact numbers which are different depending on which day or night the call is needed. 9 Alma Square, Scarborough, YO11 1JR	Representing and supporting people with poor mental health. Their experienced crisis support staff work alongside colleagues at Scarborough Hospital A & E department to support people aged 16 and over who are in distress.
	<a href="https://www.qwell.io/">https://www.qwell.io/</a>	Qwell is an online emotional, wellbeing and mental health support site, offering a safe and confidential space to share experiences and gain support from our community and qualified professionals.
	<a href="https://www.thecalmzone.net/">https://www.thecalmzone.net/</a> Tel: 0800 585858 (5pm-12am daily) Webchat is also available.	Support for men struggling or in crisis. The Campaign Against Living Miserably (CALM) is leading a movement against suicide. Every week 125 people in the UK take their own lives. And 75% of all UK suicides are male. CALM exists to change this.
	<a href="https://www.nyhorizons.org.uk/">https://www.nyhorizons.org.uk/</a> Free phone Tel: 08000 141480 (9am to 5pm) Tel: 01723 330730	North Yorkshire Horizons – adult drug and alcohol recovery service. The Scarborough hub is located at 56-60 Castle Road , YO11 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.

	<p><a href="https://www.samaritans.org/">https://www.samaritans.org/</a></p> <p>Tel: 116 123 24 hours a day</p> <p>Email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a></p>	<p>Whatever you're going through, a Samaritan will face it with you. Help is available 24 hours a day, 365 days a year. A safe place for anyone struggling to cope.</p>
	<p><a href="https://www.idas.org.uk/">https://www.idas.org.uk/</a></p> <p>Helpline Tel: 03000 110 110</p> <p>Scarborough Office Tel: 01723 354 874</p> <p>Email: <a href="mailto:info@idas.org.uk">info@idas.org.uk</a></p> <p>Online chat also available.</p>	<p>Yorkshire charity supporting anyone experience or affected by domestic abuse or sexual violence. IDAS provides comprehensive support and advice to victims and survivors.</p>
	<p><a href="https://www.firstlighttrust.co.uk/">https://www.firstlighttrust.co.uk/</a></p> <p><a href="http://www.firstlighttrust.co.uk/scarborough-charity-cafe/">http://www.firstlighttrust.co.uk/scarborough-charity-cafe/</a></p> <p><a href="mailto:enquiries@firstlighttrust.co.uk">enquiries@firstlighttrust.co.uk</a></p> <p>64 Newborough, Scarborough, YO11 1ET</p> <p>Tel: 01723 361210</p>	<p>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.</p>
	<p><a href="https://www.relate.org.uk/">https://www.relate.org.uk/</a></p> <p>Email: <a href="mailto:northeast@relate.org.uk">northeast@relate.org.uk</a></p> <p>Online chat available or 0300 0030396</p> <p>Scarborough office Tel: 01325 461500 / 0191 2329109</p> <p>The Street, 12 Lower Clark Street, YO12 7PW</p>	<p>Relationship support for everyone. Offering a range of services helping people of all ages, backgrounds, sexual orientations and gender identities to strengthen their relationships.</p>
	<p><a href="http://www.advocacyallianceyorkshire.org.uk">www.advocacyallianceyorkshire.org.uk</a></p> <p>Tel: 01723 363910</p>	<p>Advocacy Alliance – free practical bereavement support with forms, letters and funeral directors.</p>
	<p><a href="http://www.bpas.org">www.bpas.org</a></p> <p>Tel: 03457 304030</p> <p>Clinic's in York and Leeds</p>	<p>BPAS (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.</p>
	<p><a href="https://www.thegoodgrieftrust.org/">https://www.thegoodgrieftrust.org/</a></p> <p>Email: <a href="mailto:hello@thegoodgrieftrust.org">hello@thegoodgrieftrust.org</a></p>	<p>Provides bereavement support through local and national resources, helping you find the support you need as quickly.</p>

<b>Every Mind Matters</b>	<a href="https://www.nhs.uk/oneyou/every-mind-matters/">https://www.nhs.uk/oneyou/every-mind-matters/</a>	Expert advice and practical tips to help you look after your mental health and wellbeing.
	<a href="https://www.cruse.org.uk/">https://www.cruse.org.uk/</a> Tel: 0808 8081677 Cruse Chat service available online, open 9am - 9pm Monday to Friday. Local contact for York & North Yorkshire Tel: 01904 481162 <a href="mailto:York@cruse.org.uk">York@cruse.org.uk</a>	Bereavement advice and support, coping with grief, also supporting you when someone you care about dies in a sudden and/or traumatic situation or when someone dies by suicide.
	<a href="https://lltff.com/">https://lltff.com/</a> Tel: 01360 661 078	Free online courses covering low mood, stress and resilience. Work out why you feel as you do, how to tackle problems, build confidence, get going again, feel happier, stay calm, tackle upsetting thinking and more.
	<a href="https://giveusashout.org/">https://giveusashout.org/</a> Text 'shout' to 85258	Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. Helping with anxious, stressed, depressed, suicidal or overwhelmed people who need immediate support.
	<a href="https://www.anxietyuk.org.uk/">https://www.anxietyuk.org.uk/</a> Tel: 03444 775774 (Mon- Fri 9:30-5:30pm) Text support: 07537 416 905 Email: <a href="mailto:support@anxietyuk.org.uk">support@anxietyuk.org.uk</a>	Helping those suffering with anxiety disorders.
	<a href="https://nopanic.org.uk/">https://nopanic.org.uk/</a> 0844 9674848 10am to 10pm everyday <a href="mailto:info@nopanic.org.uk">info@nopanic.org.uk</a>	Support for people living with phobias, OCD & other anxiety-based disorders. They can help and support you to find ways to control anxiety instead of it controlling you.
	<a href="https://www.gamcare.org.uk/">https://www.gamcare.org.uk/</a> Tel: 0808 8020133 (24 hours a day) Also live webchats are available.	Are gambling problems affecting you, or those close to you? GamCare can provide free information, advice and support for anyone harmed by gambling.



<https://www.beateatingdisorders.org.uk/>

Tel: 0808 8010677 (9-8pm Mon-Fri & 4-8pm weekends and bank holiday)

Supporting people who have or are worried they have an eating disorder, as well as others affected, such as friends and family.



<http://www.alcoholics-anonymous.co.uk/>

Tel: 0800 9177650

[help@aamail.org](mailto:help@aamail.org)

If you seem to be having trouble with your drinking, or if your drinking has reached the point of where it worries you AA can support you in your recovery and sobriety of alcohol misuse.