










Older Adult's 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.

Please see information below for local and national support resources.

 <p>Dementia Forward Care and Support for Life</p>	<p>https://www.dementiaforward.org.uk/ Tel: 03300 578592 (Mon-Fri 9am-4pm)</p>	<p>They are an experienced and established team supporting people with dementia and those who care for them through a range of services. They can support you whether you have a diagnosis, are worried about memory problems or care for someone affected by dementia.</p>
 <p>North Yorkshire County Council</p>	<p>https://www.northyorks.gov.uk/health-y-living/mental-health/local-mental-health Mental health services for social care support and assessments Tel: 01609780780 Or the mental health crisis team 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>Alzheimer's Society United Against Dementia</p>	<p>Email: scarborough@alzheimers.org.uk Local number Tel: 01723 500958 (Mon-Fri 9am-5pm) https://www.alzheimers.org.uk/ Dementia Connect Support Line Tel: 0333 1503456</p>	<p>Dementia support Scarborough support workers offer information and practical guidance to help you understand dementia, cope with day-to-day challenges and prepare for the future. They offer information to people who are worried about their memory and ongoing support to people affected by dementia face to face or over the phone.</p>
 <p>Scarborough & Ryedale Carers Resource</p>	<p>https://www.carersresource.net Tel: 01723 850155 Email: admin@carersplus.net</p>	<p>They are a local charity covering Scarborough, Whitby and Ryedale, providing free and confidential support</p>

	<p>Local Tel: 01723 379058 (Mon to Fri 9am -4:30pm) Email: scarbcomsupp2020@gmail.com Or https://www.ageuk.org.uk/ National Advice Line Tel: 0800 6781602 (8am to 7pm every day)</p>	<p>for unpaid carers.</p> <p>The local Scarborough Age UK helps with Covid response, offering help with emotional support and also shopping, prescriptions etc.</p> <p>Age UK support people in later life with mental and emotional wellbeing issues. Get information on age-related health conditions, tips and advice on staying fit and healthy, as well as information on dealing with health services and leaving hospital.</p>
	<p>https://www.scarboroughsupportforcarers.org/ 01723 364808 (Mon-Thur 9am-3:30pm)</p>	<p>Supporting adult carers within the Scarborough district who are supporting or caring for someone 18 years and over by providing a short break respite service and a visiting service which provides companionship for older people living on their own.</p>
	<p>https://northyorkshiretalkingtherapies.co.uk/ 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>https://www.tewv.nhs.uk/ Tel: 0800 0516 171 freephone line 24 hours a day, seven days a week</p>	<p>Mental health CRISIS line – urgent help with mental health distress and mental health services for older people.</p>
	<p>https://www.community-counselling.org.uk/ 01653 690 124 (GP or self-referral online) 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>www.advocacyallianceyorkshire.org.uk Tel: 01723 363910</p>	<p>Advocacy Alliance – free practical bereavement support with forms, letters</p>

	<p>http://www.swrmind.org.uk Tel: 01723 339838</p>	<p>and funeral directors. 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.</p>
	<p>https://scarboroughsurvivors.org.uk/ 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</p>	<p>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.</p>
	<p>https://www.cruse.org.uk/ Tel: 0808 8081677 Cruse Chat service available online, open 9am - 9pm Monday to Friday. Local contact for York & North Yorkshire Tel: 01904 481162 York@cruse.org.uk</p>	<p>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.</p>
	<p>https://www.thegoodgrieftrust.org/ Email: hello@thegoodgrieftrust.org</p>	<p>Provides bereavement support through local and national resources, helping you find the support you need as quickly as possible.</p>
	<p>https://www.thesilverline.org.uk/ 0800 4708090 (24 hours a day every day)</p>	<p>Helpline for older people - offer telephone friendship where they match volunteers with older people based on their interests, facilitated group calls, and help to connect people with local services in their area.</p>
	<p>https://mindedforfamilies.org.uk/older-people</p>	<p>Safe and reliable online mental health advice for older people and those who care for them.</p>
	<p>https://www.samaritans.org/ Call 116 123 24 hours a day Email: jo@samaritans.org</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>

Every Mind Matters

<https://www.nhs.uk/oneyou/every-mind-matters/>

Expert advice and practical tips to help you look after your mental health and wellbeing.

<https://lltff.com/>
Tel: 01360 661 078



Living life to the full, free online courses covering living with a long term health condition, 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. Our courses are free for individuals using them in their own lives.