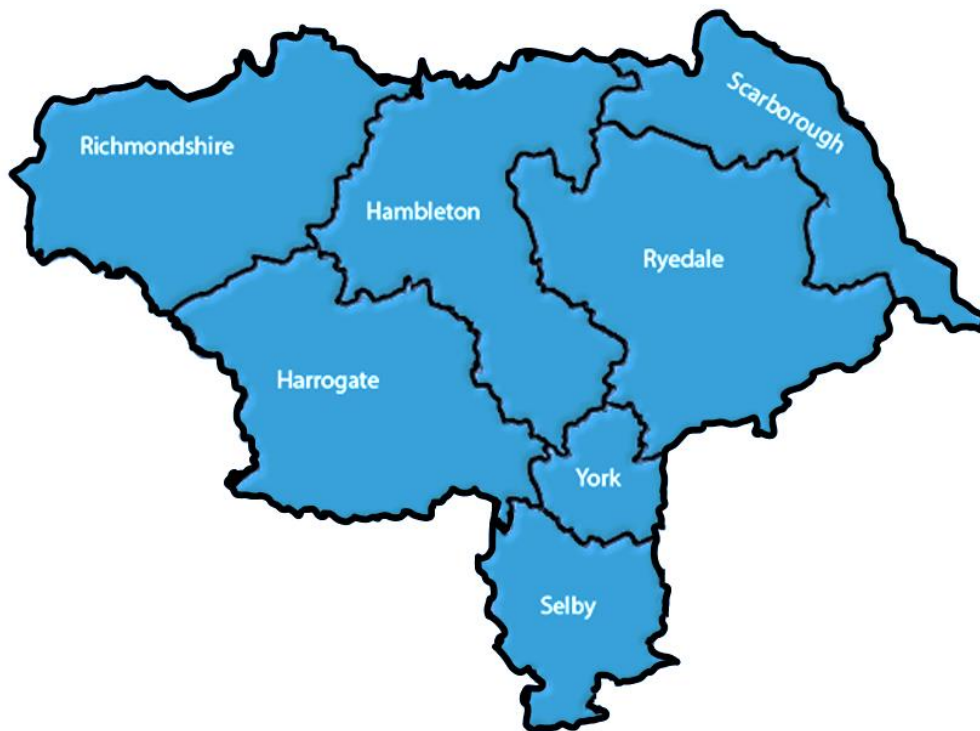


NY, Y & S SPA CAMHS Signposting & Resource Directory



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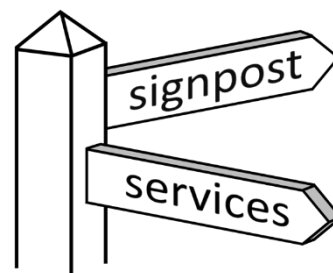
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Signposting Directory

Disclaimer:

As a NHS trust and CAMHS team, we have collated this list of known services with the public domain which families, young people and schools may find accessing these useful. Service and contact information included in this directory are correct at time of distributing (December 2023). As services evolve, contact details may change so this document is meant to be used as a working development.



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Children & Families

Services:



North Yorkshire Council

<https://www.northyorks.gov.uk/children-and->

City of York Council



<https://www.york.gov.uk/ChildrenAndFamilies>

East Riding of Yorkshire Council

<https://www.eastriding.gov.uk/living/children-and-families/>

The above links directly take you to the signposting pages of either North Yorkshire Council, York City Council and East Riding of Yorkshire Council. These websites offer a variety of links to a whole range of children and families services, including health, charity and local authority.

One key area of all council websites is the **Safeguarding Children's Partnerships**, which provides support and enables local organisations and agencies to work together to ensure all children are safe, happy, healthy and achieving. The below links include information and resources for safeguarding children. There are pages available for professionals, parents and young people.

Area:	Contact:
	<p>NYSCP (safeguardingchildren.co.uk)</p> <p>Telephone: 0300 1312131</p>
	<p>Home – CYSCP (saferchildrenyork.org.uk)</p> <p>Multi-Agency Safeguarding Hub</p> <ul style="list-style-type: none">• Telephone: 01904 551900• Email: mash@york.gov.uk

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[Children and families \(eastriding.gov.uk\)](http://eastriding.gov.uk)

Telephone (public): 01482 395500 / (professionals): 01482 395500

Out of hours - Tel: 01482 393939

Another key area is **Early Help**. Early Help is a collaborative approach, not a provision. The purpose of Early Help is to work together to resolve problems before they become overwhelming, long term and costly to the child, young person, family and the wider community. Early Help enables children, young people and their families that have become overwhelmed by difficulties to make better choices, learn new skills and have aspirations to turn their lives around.

Area:	Contact:
	<ul style="list-style-type: none"> • Early Help – Central (Selby, Hambleton and Richmondshire) • Telephone: 01609 534829 • earlyhelpcentral@northyorks.gov.uk • Early Help – West (Harrogate, Knaresborough, Ripon and Craven) • Telephone: 01609 534842 • earlyhelpwest@northyorks.gov.uk • Early Help – East (Scarborough, Whitby and Ryedale) • Telephone: 01609 534852 • earlyhelpeast@northyorks.gov.uk
	<ul style="list-style-type: none"> • Contact MASH Early Help Team to make an early help referral or access advice: • Telephone: 01904 551900 • earlyhelp@york.gov.uk
	<ul style="list-style-type: none"> • Telephone: 01482 391700 • or specific emails for areas of East Riding include: • Beverley - ehp.beverley@eastriding.gov.uk • Bridlington - ehp.bridlington@eastriding.gov.uk • Goole - ehp.goole@eastriding.gov.uk • Haltemprice - ehp.haltemprice@eastriding.gov.uk • Holderness - ehp.holderness@eastriding.gov.uk • Wolds - ehp.wolds@eastriding.gov.uk

SEND Services & Support

North Yorkshire & York SENDIASS

SENDIASS North Yorkshire and York are services for parents and carers of young people aged 0-25 with special educational needs and /or disabilities (SEND) as well as young people themselves. It is free, confidential and impartial, which means it is not biased and gives confidential information, advice and support that is arm's length to the Local Authority.

North Yorkshire

Website – <https://sendiassnorthyorkshire.co.uk/>

Email – info@sendiassnorthyorks.org

Telephone - 01609 536923

York

Website - <https://www.yorksendiass.org.uk/>

Email - yorksendiass@york.gov.uk

SEND Local Offer:

The local offer provides useful information for children and young people with special educational needs and disabilities (SEND) and their families. It is here to help families, individuals, groups and organisations find information, so you have more choice and control over what support is right.

North Yorkshire

Website –

<https://www.northyorks.gov.uk/children-and-families/send-local-offer>

Telephone - 0300 131 2131

York

Website - <https://www.yorksend.org/>

Telephone: 01904 554444

Email: yorklocalofferSEND@york.gov.uk

Parent Carer Voice:

Supporting families with children and young people (0-25 years old) with SEND in North Yorkshire by informing, empowering, representing.

Website - <https://www.parentcarervoiceuk.org/>

Telephone - 07396 641232

Email: info@parentcarervoiceuk.org



Short Breaks for Disabled Children & Young People:

Short breaks are available to families to provide a break from caring for a disabled child and for the child to have a break from their carer. Short breaks are matched to meet the child's needs, interests and preferences and aim to provide:

- Extra social opportunities for the child.
- A break for the parents and child; or time for parents to spend with other children in the family

Information on short breaks for both **North Yorkshire** and **York** can be found below:

[Short breaks for disabled children and young people | North Yorkshire Council](#)

[Short breaks for disabled and young children – City of York Council](#)

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Contact: for families with disabled children

Contact support families, bring families together and help families take action for others through:

- Information and advice
- Workshops and events
- Listening ear: 1-2-1 support
- Parent carer participation

Website - <https://contact.org.uk/>

Telephone - 0808 808 3555

Whole School SEND:

The Whole School SEND Consortium brings together schools, organisations and individuals who are committed to ensuring that every child and young person with SEND can achieve their potential at school with support. It is funded by the Department for Education (DfE) and will run from 2022-2025.

Website -

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

Email: info@wholeschoosend.com

National Autistic Society:

Providing support, guidance and advice, as well as campaigning for improved rights, services and opportunities to help create a society that works for autistic people.

Website: <https://www.autism.org.uk/>

Email: nas@nas.org.uk

Telephone: 0207 833 2299



North Yorkshire

Email: northyorkshirecentral.branch@nas.org.uk

Telephone: 07818 016431

Mencap

Mencap is the leading voice of learning disability. Everything they do is about valuing and supporting people with a learning disability, and their families and carers.

National website -

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

Local information:

Harrogate - 01423 568162

Northallerton - 01609 778894

Selby - 01757 213499

Ryedale & District - 07702783574

Scarborough & District - 01723 374819



The Daisy Chain Project

A free confidential service providing support, advice, and information for neurodiverse adults, young people and their families.

Website - <https://www.daisychainproject.co.uk/>

Email: info@daisychainproject.co.uk

Telephone: 01642 531248

Autism Angels

Autism angels is an independent charity based just outside of Harrogate, in the North Yorkshire countryside. They work with horses to support learning and to create 'real life' scenarios that can be then practiced and worked through. Sessions include:

- Taster
- Kids Clubs
- Private sessions for families
- Day Camps

Website - <https://www.autismangels.co.uk/>

Email - info@autismangels.co.uk

Telephone - 07376134007



Bereavement & Loss Services

Just B:

The service offers emotional wellbeing and bereavement support to children, young people and adults across North Yorkshire. They also offer crisis support in schools in Harrogate, Hambleton and Richmondshire in the event of a death of a member of the school community.

Website: <https://justb.org.uk/>

Email: info@justb.org.uk

Telephone: 01423 856 790

JUST B

Cruse:

Are the leading national charity for bereaved people. They offer support, advice and information to children, young people and adults when someone passes away. Cruse offers face-to-face, group, telephone, email and website support. They have a free phone national helpline and local services throughout England.

Website: <https://www.cruse.org.uk/> or <https://www.hopeagain.org.uk/>

Email: helpline@cruse.org.uk

Telephone: 0808 808 1677

Local branch: York & North Yorkshire

Email: York@cruse.org.uk

Cruse
Bereavement
Support

Losing someone close is overwhelmingly hard. Emotions can become erratic and whilst trying to grasp what has happened, the loss we can feel seems endless. Loved ones cannot be brought back but services can try and help understand feelings when it comes to grief and bereavement through support.

On the next two pages are multiple national and regional services that can assist children, young people, parents, carers and their families in accessing bereavement information, resources and services.

Martin House:

Offer a bereavement service to families whose child has died of a life-shortening condition or who has died from a sudden or traumatic death.

Martin House
hospice care for children
and young people

Website: www.martinhouse.org.uk

Email: admin@martinhouse.org.uk

Telephone: 01937 845045

Survivors of Bereavement by Suicide:

SOBS are a national charity providing dedicated support to adults who have been bereaved by suicide. They currently have around 150 volunteers across the UK who help run services. In North Yorkshire, there is a local service available in York.

Website: www.uksobs.org

Email: york@uksobs.org

Bereaved Children Support York:

Supports bereaved children and families in the York area. They offer monthly drop in peer support group for bereaved children to come together for fun, toys and craft activities. It also offers an opportunity for parents and carers to meet each other for support too.

Website: www.bcsy.org.uk
Email: info.bcsy@gmail.com



Winston's Wish:

Winston's Wish provides emotional and practical bereavement support to children, young people and those who care for them. Our expert teams offer one off and ongoing bereavement support and also provide online resources, specialist publications and training for professionals.

Website: <https://www.winstonswish.org/>
Email: ask@winstonswish.org
Telephone: 08088 020 021



The Mix:

The Mix is the UK's leading digital charity for under 25s, reaching over 6 million young people each year. Whatever issue a young person is facing, The Mix is always there for them – via our website, over the phone or via social media. Our support is free, confidential and anonymous and can be accessed wherever young people are.

Website: [Grief and bereavement - The Mix](#)

Papyrus:



Papyrus is also part of the Suicide Bereavement Support Partnership for organisations and individuals working across the UK to support people, who have been bereaved by suicide.

Website: www.papyrus-uk.org
Email: admin@papyrus-uk.org

Child Bereavement UK:

Support provided to children and young people, up to the age of 25 who are facing bereavement, and anyone affected by the death of a child of any age. Offer free, confidential bereavement support by telephone, video or instant messenger, as well as face to face from a number of locations across the UK.



Website: <https://www.childbereavementuk.org/>
Email: support@childbereavementuk.org
Telephone: 0800 028 8840

Other national bereavement services include:

BEAD Project (Bereaved through Alcohol & Drugs)

Website: www.beadproject.org.uk

Child Death Helpline

Website: www.childdeathhelpline.org.uk

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Mental Health & Wellbeing Services for CYP

Tees Esk and Wear Valley (TEWV) NHS Foundation Trust:

Signposting directory provides access information and links about services for Children and Young people in the locality.



Tees, Esk and Wear Valleys
NHS Foundation Trust

CAMHS Crisis:

In a mental health emergency, call **0800 0516 171**. The line is open 24/7 for people in North Yorkshire and York.

CAMHS Community:

CAMHS services are based in various locations across North Yorkshire e.g., Scarborough, York, Harrogate and Northallerton. Referrals into CAMHS can be made via the single point of access team on: **0300 0134 778**

CAMHS Eating Disorders Team:

<https://www.tewv.nhs.uk/services/community-eating-disorder-young-north-yorkshire/>

North Yorkshire, York & Selby Talking Therapies:

<https://northyorkshiretalkingtherapies.co.uk/>
<https://yorkandselbytalkingtherapies.co.uk/>

Wellbeing in Mind:

Provide a community mental wellbeing support service for school children in North Yorkshire and York. Information can be found on <https://www.tewv.nhs.uk/services/wellbeing-mind-school-support-young-yorkshire/>

Compass Phoenix:

Supporting children and young people in North Yorkshire through early help and prevention of harm work in relation to mild to moderate emotional wellbeing and mental health issues. Compass Phoenix is a free, confidential health and wellbeing service for CYP aged 5-19. Also available for young people with SEND and EHCP up to the age of 25.



Website: <https://www.compasuk.org/contact/>

Email: phoenix@compass-uk.org

Telephone: **01904 661916 / 0800 008 7452**

BUZZ US: Confidential text messaging service to young people aged 11-18 across North Yorkshire - **0447520631168**

Mind: York

For children and young people aged 11 to 25 experiencing struggles with emotions or mental health, such as often feeling low, stressed or worried. They offer a range of different support which currently includes:

- 1 to 1 Mentoring for people aged 16 to 25
- 1 to 1 Counselling for people aged 12 to 15
- 1 to 1 Counselling for people aged 16 to 25

Website: <https://www.yorkmind.org.uk/how-we-help/young-peoples-service/>

Email: office@yorkmind.org.uk

Telephone: **01904 643364**



NHS North Yorkshire CCG – The Sleep Charity:

Sleep clinics for families of children aged 12 months and up. Delivered via telephone or online. Also suitable for children with Special educational needs and disabilities.

Website: www.thesleepcharity.org.uk

Telephone: 07568052300



Healthy Child Team

A team of specialist nurses and practitioners who work in community settings and schools to protect and promote the health of children and young people aged 5-19. The team are a first point of contact for concerns about the health and wellbeing of a young person.



Website:

<https://www.hdft.nhs.uk/services/childrens-services/growing-healthy-north-yorkshire/5-19-ny/>

Telephone: **03003 030 916**

Referral form email hdft.0-19nyorks@nhs.net

Shout:

Free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

Website: <https://giveusashout.org/>

Email: info@giveusashout.org

Text: **Shout to 85258**



YoungMinds:

Online information and text chat service for young people and parents in regards to mental health.



Website: <https://www.youngminds.org.uk/>

Parent helpline: **0808 802 5544**

Parent email service:

<https://www.youngminds.org.uk/parent/parents-helpline-email-service/>

Kooth:

Free, safe and anonymous mental health support. Service includes: a magazine, community discussion boards, live chat and daily journal.

Website: <https://www.kooth.com/>



Childline:

Childline is here to help anyone under 19 in the UK with any issue they're going through.

Website: www.childline.org.uk

1-2-1support: <https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>

Telephone: **0800 1111**



The Mix:

The Mix is the UK's leading digital charity for under 25s. The Mix provides everything that's needed to know about mental health, from anxiety and depression to self-care and counselling.

Website: <https://www.themix.org.uk/mental-health>

Text: 24/7 - **THEMIX to 85258.**

Helpline: **0808 808 4994**



Samaritans:

Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope or at risk of suicide throughout the United Kingdom and the Republic of Ireland. They provide a telephone, email or online chat service.

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

Telephone: **116 123**

Local Harrogate Telephone: **0330 094 5717**

Email: jo@samaritans.org

The logo for Samaritans, featuring the word "SAMARITANS" in a white, uppercase, sans-serif font inside a green rounded rectangle.

SAMARITANS

Papyrus:

Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people.

Website: <https://www.papyrus-uk.org/>

For confidential suicide prevention advice contact HOPELINE247 via:

Text: **07860 039967**

Telephone: **0800 068 4141**

Email: pat@papyrus-uk.org



Mentally Healthy Schools:

Mentally Healthy Schools brings together quality-assured mental health resources, information & advice for schools and further education settings in the United Kingdom.

Website: <https://mentallyhealthyschools.org.uk/>

The logo for Mentally Healthy Schools, featuring the words "MENTALLY HEALTHY SCHOOLS" in a green, uppercase, sans-serif font.

**MENTALLY
HEALTHY
SCHOOLS**

Alumina:

Alumina is a free, online 7 week course for young people 10-17 years struggling with self-harm. Each course has up to 14 young people, all accessing the sessions from their own phones, tablets or laptops across the UK. The courses take place on different evenings of the week and are run by friendly, trained counsellors and volunteer youth workers.

Website: <https://selfharm.co.uk/>



Apps

Calm Halm:

Calm Harm is an free award-winning app developed to help manage the urge to self-harm. It uses principles from DBT Therapy. The urge to self-harm is like a wave. It feels the most powerful when you start wanting to do it. Therefore, the app allows CYP to learn to ride the wave by choosing activities from these categories:

Comfort, **Distract**, **Express Yourself**, **Release**, and **Random**.



Harm Less:

Harmless is a self-harm app that helps track and manage self-harm. It also give ways to learn how to cope with the urges.



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LGBT+ Services & Support:

Yorkshire MESMAC:

Yorkshire MESMAC is one of the oldest and largest sexual health organisations in the country, who offer a range of mental health and wellbeing services, including counselling, 1-2-1 support, group sessions and training.

Website: <https://www.mesmac.co.uk/>

Nearest branch is Leeds

Email: leeds@mesmac.co.uk

Telephone: **0113 244 4209**

Yorkshire
MESMAC

Mermaids:

Mermaids supports transgender, nonbinary and gender-diverse children and young people until their 20th birthday, as well as their families and professionals involved in their care. We also currently offer web chat support to students up to the age of 25.

Website: <https://mermaidsuk.org.uk/>

Email: info@mermaidsuk.org.uk

Telephone: **0808 801 0400**



Being Gay is Ok

Information and advice for gay, lesbian, bisexual and unsure under twenty-fives. Bgiok aims to help young people feel better about their sexuality and about the person they are beyond that.

Website: <http://www.bgiok.org.uk/index.html>

Telephone: **01483 727667**

York Pride:

York Pride is a registered charity which raises awareness of LGBT+ issues by promoting and staging events, taking part in campaigning and commentary in the media, and providing support to other LGBT+ charities and voluntary organisations.

The next York Pride LGBT+ celebration takes place on Saturday 1st June 2024 between 12:00-19:00.

Website: <https://yorkpride.org.uk/>



York LGBT Forum:

York LGBT Forum is a charity which aims to improve LGBT rights. It provide access to a multitude of LGBT related resources which is open and available to all.

Website: <https://www.yorklgbtforum.org.uk/>

Email: enquiry@yorklgbtforum.org

Telephone: **07731 852 533**

LGBT Foundation:

A national charity delivering advice, support and information services to LGBTQ+ communities.

Website: <http://www.lgbt.foundation/>

Email: info@lgbt.foundation

Telephone: **0345 3 30 30 30**



Switchboard LGBT+ Helpline:

Switchboard provides a safe space for anyone to discuss anything, including sexuality, gender identity, sexual health and emotional well-being.

Website: <https://switchboard.lgbt/>

Telephone: **0800 0119 100**

Email: hello@switchboard.lgbt



Stonewall:

Since being founded Stonewall has spent more than 30 years working towards a world where all children and young people have access to an LGBTQ-inclusive education.

Today, Stonewall offer CPD accredited online training as well as membership programmes for schools and colleges in the UK. Alongside this, staff can benefit from extensive resources and consultancy services, as well as tailored options for Multi-Academy Trusts.

Website: www.stonewall.org.uk

Telephone: **020 7593 1850**

Email: info@stonewall.org.uk



North Yorkshire LGBTQ+ Support Groups:

County Wide:

- Bi-weekly online, and face to face group for 14-25 year olds. Main Contact is **Lilly Allenby**: Email - lilly.allenby@york.nhs.uk / Telephone – 07855171280.
 - Referrals are open access – young people can directly contact
 - Further information can be found on Queer Peers <https://www.theproudsttrust.org/groups/yorqueer/>



Richmondshire and Hambleton:

- Based at Risedale School, Catterick for 11-19 year olds. Main contact is Edwina Anderson - Edwina@nyy.org.uk
 - Referrals are open access – young people can directly contact

Harrogate & Ripon:

- Meeting every Wednesday between 5:30-7pm in Harrogate for 14-25 year olds. Main contact is **Chloe Thwaites**: Email - chloe.thwaites@northyorks.gov.uk / Telephone – 07973762347.
 - Referrals are open access – young people can directly contact, however a consent form signed by a parent/guardian for those under 18 is required.
- Meeting fortnightly at Ripon Outwood School pupils on Thursdays at 3pm for 11-19 year olds. Main contact: is **Keeley Smith**: keeley@nyy.org.uk / 07999032265 or **Rachel Rabjohns**: rachel@nyy.org.uk / 07500787621.

Scarborough and Ryedale:

- Weekly Scarborough Meetings for 11-18s (25 with SEN). Main contact is main contact is **Becky Harden**: Telephone – 07970067399.
 - Referrals are open access – young people can directly contact.
 - At point of contact, location will be notified.

Selby:

- Meeting for 11-19 year olds in Selby. Main contact is **Megan Reynolds** : Email - megan.reynolds@northyorks.gov.uk
 - Referrals are open access – young people can directly contact

Criminality & Victim Support:



Supporting Victims in North Yorkshire

Telephone support service for those effected by crime. Under 18's require consent from parent.

Website: <http://www.supportingvictims.org/>

Telephone: 0808 168 9293

Email:

supportingvictims@northyorkshire.pnn.police.uk

Change Direction

Reducing crime and antisocial behaviour in children. Trauma informed support and intervention. Available to children aged 10-17 who are at risk of offending.

A referral form can be accessed at [Change Direction Referral Form \(nyy.org.uk\)](#) or alternatively the form can be requested from Claire Yates, Youth Development Manager at clare@nyy.org.uk.

The Children's Society (Hand in Hand)

Hand in Hand works with children and young people aged between 10 and 18 who are at risk of, or are currently being, sexually or criminally exploited, and those that are repeatedly reported missing.

Website: <https://www.childrensociety.org.uk/>

Email: handinhand@childrensociety.org.uk

IDAS – Independent Domestic Abuse Services

IDAS is the largest specialist charity in the North supporting people affected by domestic abuse and sexual violence. IDAS offers the following:

- 12 week respect programme for youths who are starting to display abusive/aggressive behaviour in relationships/family. Aged 10-16.

- 1:1 and group work with young person and families that are victims of domestic abuse. Aged 10+.

Website: <https://www.idas.org.uk/>

Email: info@idas.org.uk

National 24 hours helpline: **0808 2000 247**

North Yorkshire: **03000 110 110**

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Drugs and Alcohol:

Humankind: North Yorkshire Horizons - Young People's Drug and Alcohol Service

Open to young people who live in North Yorkshire aged 10 – 18 or 19 – 24 with SEND and need support around drugs or alcohol. Horizons provide 1:1 support including assessments and the development of a recovery plan with a SMART goal focus. The service helps with:

- Support to improve health and well being
- Support to stop or reduce alcohol or drug use
- Education and advice around drugs and alcohol
- Family support
- Guidance to schools, colleges, and other professionals.

humankind®



Website: [North Yorkshire Horizons – Humankind \(humankindcharity.org.uk\)](http://North Yorkshire Horizons – Humankind (humankindcharity.org.uk))

Email: NYYP.admin@humankindcharity.org.uk

Freephone: **08000 141 480**

Self-Refer Telephone: **01723 330730**

Changing Lives: York Drug & Alcohol Services:

Changing Lives lead the drug and alcohol service for the City of York. As part of the young person service, they offer the following:

- Support to anyone under the age of 21 who is thinking about using drugs/alcohol
- 1:1 support anywhere in the community
- A flexible service to meet on the terms of the YP at a time that fits around commitments

Telephone: **01904 464 680**

WhatsApp: **07812672578**

Email: york-info@changing-lives.org.uk

Instagram: [@changinglives_thrive](https://www.instagram.com/changinglives_thrive)

**CHANGING
LIVES**

Other support & misc. services

SASH:

A youth homelessness charity that helps young people aged 16-25 who are facing homelessness. SASH do not run a hostel or own any property. The accommodation they offer is through our Night Stop and Supported Lodgings services, which rely on volunteer 'hosts' who offer a spare room in their own home. Sash have teams located in Craven, Harrogate, Selby & York, Hambleton & Richmondshire and Scarborough & Ryedale.

Website: <https://www.sash-uk.org.uk/>

Telephone: **03300 562 259**

Email: info@sash-uk.org.uk



Advocacy Alliance:

Provide free, independent and confidential advocacy to empower individuals and enable them to have their voice heard. It involves a small team of staff and volunteers who manage and develop advocacy throughout the area.

We aim to ensure that people, particularly those who are most vulnerable in society, are able to:

- Have their voice heard on issues that are important to them.
- Defend and safeguard their rights.
- Have their views and wishes genuinely considered when decisions are being made about their lives.

Website: www.advocacyallianceyorkshire.org.uk

Email: office@advocacyallianceyorkshire.org.uk

Telephone: **01723 363910**



National Youth Advocacy Service:

NYAS provides advocacy and legal representation to children and vulnerable adults when important decisions are being made about them. The children and young people NYAS work with might be in care, have a disability or special needs, be subject to child protection plans, have mental health difficulties or their parents might be separating.

Website: <https://www.nyas.net/>

Email: help@nyas.net

Telephone: **0808 808 1001**

Website for CYP: <https://youngpeople.nyas.net/>



Carers Plus Yorkshire:

Free and confidential support for unpaid carers from the age of 8 upwards.

'Carers Plus Yorkshire enables those we support to be heard, enhance their resilience, improve their wellbeing & make positive changes in their day-to-day lives'

Telephone: 01723 850155 / 01609 780872

Email: admin@carersplus.net

York Carers Support:

Support provided for young people aged between 5 and 18 who are helping to look after someone at home. Support includes

- Youth groups
- Trips
- 1-1 support
- School lunch drop ins

Website: www.yorkcarerscentre.co.uk

Telephone: 01904 715 490

Email: enquires@yorkcarerscentre.co.uk



Carers' Resource – Young Carers'

Young Carer Services in Harrogate and Selby are delivered by Linda Hall and Kate Vincent who offer 1-1 support and mentoring to young carers. The service also offers different youth groups (see below) and regular trips.

- **BUDZ:**
 - After school club for 7-11 year old young carers.
 - Located at Bilton United Reformed Church Hall, Harrogate every other Thursday, term time only, from 3.30pm-5pm
- **uTime:**
 - Evening club for 11-18 year old young carers.
 - Located at St Georges Youth Club, 2 Mornington Terrace, Harrogate HG1 5DH.
 - Every other Thursday, term time only, from 6.00pm-7.30pm.

Email: info@carersresource.org

[/lhall@carersresource.org](mailto:lhall@carersresource.org) or

kvincent@carersresource.org for more details

Telephone: **01423 500555**

Live Well York:

A community information and advice website for adults and families. The site enables people in York to find a wide range of information including health, housing, money and volunteering opportunities. There are directories available to help find community activities, events and services in York as well as latest news to keep you up to date.

Website: <https://www.livewellyork.co.uk/>



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Training:

Recovery College Online:

Providing a range of online educational courses and resources to people with experience of mental illness, from service users to their family, friends and staff. A key element of the training provided is ADAPT (After Diagnosis of Autism Parent Training).

Website:

<https://www.recoverycollegeonline.co.uk/>

Email: tewv.vrc@nhs.net



The Anna Freud Centre:

Works with thousands of schools and further education colleges both within the UK. Through training, research and resources, they encourage both to think about their whole school approach to supporting mental health and wellbeing.

In addition, Anna Freud have developed their own network, Schools in Mind, which shares practical, academic, and clinical expertise about mental health and wellbeing in schools and FE colleges.

Website: <https://www.annafreud.org/training/education/training-in-schools-and-colleges/>

Email: schoolsinmind@annafreud.org

Telephone: 020 7794 2313

MindEd:

MindEd is suitable for all adults working with, or caring for, infants, children, or teenagers; all the information provided is quality assured by experts, useful, and easy to understand. The aim is to give:

- the knowledge to support their wellbeing.
- the understanding to identify a child at risk of a mental health condition.
- the confidence to act on their concern and, if needed, signpost to services that can help.

Website: <https://www.minded.org.uk/>



Contact: for families with disabled children:

Professional development training including:

- Working with parents of disabled children
- General considerations
- Early years and diagnosis
- Supporting through crisis or transitions
- Supporting parents experiencing challenging behaviour.

Also run a range of fun workshops, information sessions and online events, where you can meet families like yours.

Website:

Professional development:

[https://contact.org.uk/professionals/professiona
l-development-courses/](https://contact.org.uk/professionals/professional-development-courses/)

Parent workshops: [https://contact.org.uk/help-
for-families/family-workshops-and-events/](https://contact.org.uk/help-for-families/family-workshops-and-events/)

Email: info@contact.org.uk

Telephone: 020 7608 8700

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