

Support in the Area

Sources of support – for Adults

Changes in money circumstances

Citizens Advice Harrogate

Address - Audrey Burton House, Queensway,
Harrogate HG1 5LX
Phone: 0344 411 1444

www.cachd.org.uk

Online advice is available 24/7
at <https://www.citizensadvice.org.uk/>

You can contact them by email on our
website: <https://cachd.org.uk/email>

Universal Credit

<https://www.gov.uk/universal-credit/contact-universal-credit>

Universal Credit helpline

Telephone: 0800 328 5644

Adult Social Care

<https://www.northyorks.gov.uk/adult-care>

Phone: 0845 872 7374

CAP – Christians Against Poverty – A free course to help you manage your money

Alastair Forsythe 01423 863180

Catholic Care

<https://catholic-care.org.uk/>

Phone: 0113 388 5400

SEND

SENDIASS – Advice and Support for Adults supporting young people with SEND.

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

Emotional Support and Supporting a Young Person

Shout

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

Text Shout to 85258

MIND

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

Samaritans

Phone: 116 123 (free from any phone)

SANEline

Phone: 0300 304 7000 (4.30pm–10.30pm every day).

Campaign Against Living Miserably (CALM).

If you identify as **male**, you can call the Campaign Against Living Miserably (CALM) on 0800 58 58 58 (5pm–midnight every day)

Relate

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

Wellspring Harrogate

Address: Wellspring House, 78 High Street, Starbeck,
Harrogate, HG2 7LW

Phone: 01423 881 881

E: office@wellspringtherapy.co.uk

<https://wellspringtherapy.co.uk/>

IDAS (Supporting people affected by domestic abuse and sexual violence)

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

North Yorkshire & Barnsley Helpline: 03000 110 110

Email - info@idas.org.uk

IDAS – also run a programme for adolescents to whom are demonstrating controlling or aggressive behaviours especially within the home. RESPECT programme.

Grief to Grace – Healing the wounds of abuse

www.griegtograceuk.org –

020 7937 4297 or 07715 647120

**Rachel's Vineyard – Healing the trauma of abortion
one weekend at a time**

www.rachelsvineyard.org.uk

07734 059080

Compass

<https://www.compass-uk.org/services/compass-phoenix/>

Telephone: 0800 008 7452

Drug and Alcohol (young people)

North Yorkshire Rise (substance use/health and wellbeing/sexual health)

Telephone: 01723 330730 (option 2)

Freephone: 08000 141480 (option 2)

Email: NYYP.admin@Humankindcharity.org.uk or for alcohol: www.drinkdrughub.co.uk

Others sources of Support

North Yorkshire Social Care

Phone: 0300 131 2131

Safeguarding

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

Telephone: 01609 535123

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

Telephone: 0808 800 5000

Online Safety

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

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

<https://www.ceop.police.uk/Safety-Centre/>

Protecting children from exploitation

Be Aware

Online knowledge hub set up and run by NYSCP in collaboration with young people, parents and carers, and professionals across North Yorkshire to help prevent and tackle Child Exploitation.

<https://www.safeguardingchildren.co.uk/beaware/>

Drug and Alcohol (18 years +)

North Yorkshire Horizons

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

Telephone: 01723 330730

Sources of support – for Young People

Emotional Support

Compass Phoenix

<https://www.compass-uk.org/services/compass-phoenix/>

Phone: 01904 661916 or 0800 008 4752

Samaritans

Phone: 116 123 (free from any phone)

Kooth

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

Shout

Text 85258.

Childline

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

Phone: 0800 1111

Drug and Alcohol

North Yorkshire Rise (substance use/health and wellbeing/sexual health)

Telephone: 01723 330730 (option 2)

Freephone: 08000 141480 (option 2)

Email: NYYP.admin@Humankindcharity.org.uk or for alcohol: www.drinkdrughub.co.uk

LGBT+

<https://www.mesmac.co.uk/about-us>

Yorkshire MESMAC York office:

The Workshop

Marygate Lane (off Marygate), York, YO30 7BJ

Tel: 01904 620400

Email: york@mesmac.co.uk

Harrogate MESMAC

A **fortnightly** social on **Wednesday evenings**. For more information contact Cj on 07710 099 031 or cj.reay@mesmac.co.uk.

LGBT Foundation

<https://lgbt.foundation/>

Advice Support & Information

0345 3 30 30 30

Mermaids

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

Phone: 0808 801 0400

GIDS

<https://gids.nhs.uk/>

Domestic Abuse

IDAS (Supporting people affected by domestic abuse and sexual violence)

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

North Yorkshire & Barnsley Helpline: 03000 110 110
Email - info@idas.org.uk

Safeguarding

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

NYCC Phone: 01609 780780

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

Childline: 0800 1111

Online Safety

<https://www.ceop.police.uk/Safety-Centre/>