

## DO YOU NEED SUPPORT ?

### **Citizens Advice Harrogate**

Advice on benefits, work, debts and money, family matters, housing, health services, consumer rights, and immigration.

**Address:** Audrey Burton House, Queensway, Harrogate HG1 5LX

**Phone:** 0344 411 1444

**Website:** [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

### **Universal Credit**

Information and support with Universal Credit.

**Phone:** 0800 328 5644

**Website:** [www.gov.uk/universal-credit/contact-universal-credit](http://www.gov.uk/universal-credit/contact-universal-credit)

### **Adult Social Care**

Information and support with social care, out of hours care, disabilities, support for carers, safeguarding, dementia support.

**Phone:** 0845 872 7374

**Website:** [www.northyorks.gov.uk/adult-care](http://www.northyorks.gov.uk/adult-care)

### **Catholic Care**

Information and support with adult learning disability services, older people's services, mental health and supported living, family wellbeing services, and children's residential services.

**Phone:** 0113 388 5400

**Website:** [catholic-care.org.uk](http://catholic-care.org.uk)

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### **SENDIASSS**

Impartial, confidential information, advice and support for individuals with Special Education Needs & Disabilities as well as parents of SEND children aged 0-25.

**Phone:** 01609 536923

**Website:** [www.sendiassnorthyorkshire.co.uk](http://www.sendiassnorthyorkshire.co.uk)

### **SHOUT**

24/7 Help and Support for Teenagers and Young Adults.

**Text:** SHOUT to 85258

**Website:** [www.giveusashout.org](http://www.giveusashout.org)

### **MIND**

Advice and support to empower anyone experiencing a mental health problem, including mental health law.

**Phone:** 0300 123 3393

**Website:** [www.mind.org.uk](http://www.mind.org.uk)

### **Samaritans**

A safe space for you to talk about your concerns, worries and troubles, and explore your feelings around these.

**Phone:** 116 123 (free from any phone)

**Website:** [www.samaritans.org](http://www.samaritans.org)

**Email:** jo@samaritans.org

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### **SANEline**

A national out-of-hours helpline offering emotional support, guidance and information to anyone affected by mental illness.

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

**Website:** [www.sane.org.uk](http://www.sane.org.uk)

### **Campaign Against Living Miserably (CALM)**

A suicide prevention helpline open every day, offering free, anonymous support to anyone affected by suicide or suicidal thoughts.

**Phone:** 0800 58 58 58 (5pm–midnight every day)

**Website:** [www.thecalmzone.net](http://www.thecalmzone.net)

### **Relate**

Counselling services for every type of relationship nationwide. Advice on marriage, LGBT issues, divorce, parenting.

**Phone:** 0300 100 1234

**Website:** [www.relate.org.uk](http://www.relate.org.uk)

**Email:** [NewEnquiries@relate.org.uk](mailto:NewEnquiries@relate.org.uk)

### **Wellspring Harrogate**

Affordable, psychological support to people in distress, and promoting good mental health through education and training.

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

**Phone:** 01423 881 881

**Website:** [www.wellspringtherapy.co.uk](http://www.wellspringtherapy.co.uk)

**Email:** [office@wellspringtherapy.co.uk](mailto:office@wellspringtherapy.co.uk)

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### **IDAS**

Supporting people affected by domestic abuse and sexual violence.

**Phone:** 03000 110 110

**Website:** [www.idas.org.uk](http://www.idas.org.uk)

**Email:** info@idas.org.uk

### **NY RISE**

Support to stop or reduce alcohol or drug use in young people.

**Phone:** 01723 330730 (option 2) OR 08000 141480 (option 2)

**Website:** [www.humankindcharity.org.uk/service/nyrise/](http://www.humankindcharity.org.uk/service/nyrise/) OR  
[www.drinkdrughub.co.uk](http://www.drinkdrughub.co.uk)

**Email:** NYYP.admin@Humankindcharity.org.uk

### **North Yorkshire Social Care**

Out of hours advice and guidance, and urgent assessments of adults, young people and children for all social care, housing and homelessness emergencies.

**Phone:** 01609 535123 OR 0300 131 2131 (out of hours)

**Website:** [www.safeguardingchildren.co.uk](http://www.safeguardingchildren.co.uk)

**Email:** social.care@northyorks.gov.uk

### **NSPCC**

Advice and support for anyone who's concerned about a child.

**Phone:** 0808 800 5000

**Website:** [www.nspcc.org.uk](http://www.nspcc.org.uk)

**Email:** help@NSPCC.org.uk

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### **UK Safer Internet Centre**

Information resources on helping children, and young people stay safe online.

**Website:** [www.saferinternet.org.uk](http://www.saferinternet.org.uk)

### **CEOP Education**

The National Crime Agency's CEOP Education page to help protect children and young people from online child abuse.

**Website:** [www.ceopeducation.co.uk](http://www.ceopeducation.co.uk)

**Contact to make a report:** [www.ceop.police.uk/ceop-reporting](http://www.ceop.police.uk/ceop-reporting)

### **North Yorkshire Horizons**

Adult Alcohol and Drug Recovery Service.

**Phone:** 01723 330730

**Website:** [www.nyhorizons.org.uk](http://www.nyhorizons.org.uk)

**Email:** [info@nyhorizons.org.uk](mailto:info@nyhorizons.org.uk)

### **Compass Phoenix**

Advice and support on the range of mental health support available to children and young people.

**Phone:** 01904 661916 OR 0800 008 7452

**Website:** [www.compass-uk.org/services/compass-phoenix](http://www.compass-uk.org/services/compass-phoenix)

**Email:** [phoenix@compass-uk.org](mailto:phoenix@compass-uk.org)

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### **Kooth**

A free, safe, anonymous online emotional wellbeing community that is accessible 24/7, 365 days of the year and provides access to chat sessions with BACP-accredited counsellors and qualified emotional wellbeing practitioners

**Website:** [www.kooth.com](http://www.kooth.com)

### **Childline**

A free, private and confidential service where children can talk about anything they are experiencing.

**Phone:** 0800 1111

**Website:** [www.childline.org.uk](http://www.childline.org.uk)

### **Yorkshire MESMAC**

Mental health and wellbeing services, counselling, 1-2-1 and group support, and training around sexual health and HIV.

**Phone:** 01904 620400

**Website:** [www.mesmac.co.uk](http://www.mesmac.co.uk)

**Email:** [york@mesmac.co.uk](mailto:york@mesmac.co.uk)

A **fortnightly** social on **Wednesday evenings** in **Harrogate**.

**Contact:** CJ on [07710 099 031](tel:07710099031) or [cj.reay@mesmac.co.uk](mailto:cj.reay@mesmac.co.uk).

### **LGBTQ+ Foundation**

LGBTQ+ health and wellbeing information and advice.

**Phone:** 0345 3 30 30 30

**Website:** [www.lgbt.foundation](http://www.lgbt.foundation)

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### **Mermaids**

Advice and support for trans, non-binary and gender-diverse children, young people and their families.

**Text:** MERMAIDS to 85258

**Phone:** 0808 801 0400

**Website:** [www.mermaidsuk.org.uk](http://www.mermaidsuk.org.uk)

### **GIDS**

Advice and support or anyone who's concerned about a child.

**Phone:** 0808 800 5000

**Website:** [www.nspcc.org.uk](http://www.nspcc.org.uk)

**Email:** [help@NSPCC.org.uk](mailto:help@NSPCC.org.uk)

### **The Go-To**

Advice and support on wellbeing and mental health for young people in North Yorkshire.

**Website:** [www.thegoto.org.uk](http://www.thegoto.org.uk)

### **Bereaved Children Support**

Support for children, young people and their families, so that they are better able to cope with the impact of grief on their lives.

**Phone:** 07593 534555

**Website:** [www.bcsy.org.uk](http://www.bcsy.org.uk)

**Email:** [info.bcsy@gmail.com](mailto:info.bcsy@gmail.com)

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### **Grief to Grace**

Healing the wounds of Abuse. Monday to Friday 10:00 – 17:00 hrs

**Phone:** 020 8154 2719,

**Website:** [www.griegtograceuk.org](http://www.griegtograceuk.org)

### **Rachel's Vineyard**

Healing the trauma of abortion, one weekend at a time.

**Phone:** 07734059080 (Rachel)

**Website:** [www.rachelsvineyard.org.uk](http://www.rachelsvineyard.org.uk)

### **Christians Against Poverty (CAP)**

A free course to help manage money better, learn to budget, save and spend well.

**Phone:** 0800 328 0006

**Website:** [catholic-care.org.uk](http://catholic-care.org.uk)

**Email:** [samanthaprice@capuk.org](mailto:samanthaprice@capuk.org) (Local Debt Coach)

### **Retrouvaille**

A Lifeline for Troubled Marriages.

**Phone:** 0788 729 6983 or 0797 338 0443

**Email:** [retrouvailleukinfo@gmail.com](mailto:retrouvailleukinfo@gmail.com)

**Website:** [www.retrouvaille.org.uk](http://www.retrouvaille.org.uk)