

# NEW resources to support Children and Young People's Social and Emotional Mental Health



**The Go-To**  
For healthy minds in North Yorkshire

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



# Get support for how you're feeling

Our Young Person's Guide can help you find the right support easily and quickly...



**Are you a Young Person needing help with your mental health?**

**Self-Care**  
Emergency helpline services are available 24 hours a day. If you need help, please call 111 or 999. If you are in a crisis, please call 999. If you are in a crisis, please call 999. If you are in a crisis, please call 999.

**Do you need some more information?**  
Talk to family, friends or an adult you trust.

**The Go-To**  
For Mental Health Support in North Yorkshire

**recovery**  
0113 276 2766

**WELLBEING IN MIND**  
0113 276 2766

**Do you need urgent support or help?**  
If there is a mental health emergency, call 999. If you need help, please call 111. If you need help, please call 111. If you need help, please call 111.

**NHS**  
0113 276 2766

**shout**  
0113 276 2766

**EMERGENCY**  
0113 276 2766

**PAPYRUS**  
0113 276 2766

**Click here for our Mental Places**  
which offers more in-depth information on mental health services in North Yorkshire.

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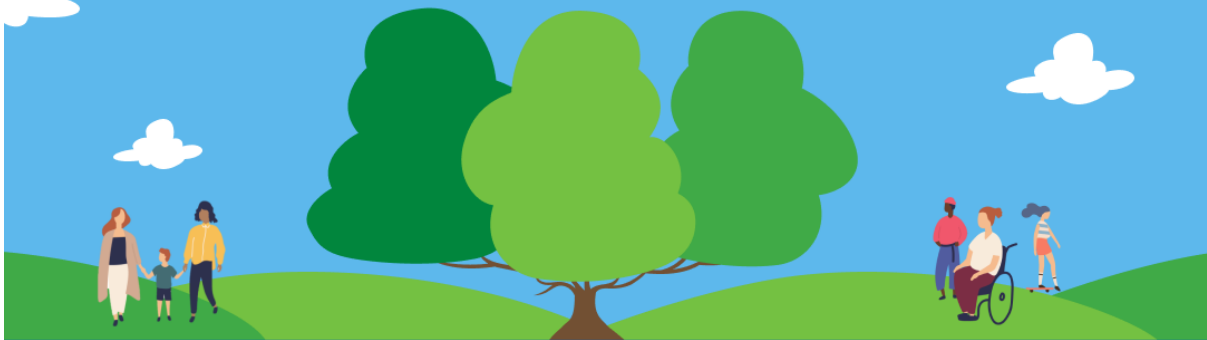


## Do you need help with how you're feeling?

Feelings change from day to day for most people... sometimes you might need help with what's going on inside your head.

Our **Young Person's Guide** to mental health has been created by young people for young people.

It's there to make it easier for you and your family or carer, find the right support as quickly as possible. Visit: [www.thegoto.org.uk](http://www.thegoto.org.uk)



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