

Support available for Children, Young people and Families in CYPS Central Area (Selby, Hambleton and Richmond)

## Emotional Wellbeing for Children and Young people/ Mental health Support



One in ten children between the ages of five and 16 has a mental health problem. Do talk to your child's GP if you have a concern. There are various other sources of help you can access either through school referral, or directly.

Information on the support available in Selby can be found on:

[Link: Compass Buzz](#)

Information on support in Hambleton and Richmond area:

[Link: Compass Buzz Ham/Rich](#)



**BUZZ US** - If you're aged between 11 and 18 and live in North Yorkshire, and you are experiencing issues with eating, stress, low mood, emotions, self-harm, bullying, self-esteem or anxiety, you can text a wellbeing worker on **07520 631168**.

For more information on Compass Buzz and BUZZ US follow:

[Link: Compass](#)

### **Compass School Mental Health and Wellbeing Project**

Compass runs a free school referral based emotional wellbeing project for children and young people aged five to 18 (up to 25 with SEND). Compass wellbeing workers can facilitate one-to-one or group work sessions with pupils alongside a member of school staff. Referrals must include a young person's informed consent. We offer three levels of training for professionals, to help promote positive mental health amongst school students. For parents, we offer online support and signposting to help you feel more confident to support your child's emotional health and wellbeing.

You can contact us in complete confidence: **Tel: 01609 777662 or Freephone: 0800 008 7452**. **Opening hours are 9am to 5pm, Monday to Thursday and 9am to 4.30pm Friday**. Out of hours appointments can be accommodated on request.



**Compass Reach** for young people aged from nine to 19 (and up to 25 for those with special educational needs or disabilities) across North Yorkshire affected by substance misuse, poor sexual health and issues relating to emotional wellbeing and mental health, can access free help, advice and practical support at [Link: Compass REACH](#) Support usually takes place in school or in a place that suits you.

**Tel: 01609 777662** Freephone : **0800 008 7452** or Email: [NYRBS@compass-uk.org](mailto:NYRBS@compass-uk.org)



Childline is yours – a free, private and confidential service where you can talk about anything. Whatever your worry, whenever you need help, we're here for you online, on the phone, anytime.

**Helpline: 0800 1111**

[Link: Childline](#)

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**Working collaboratively with services throughout North Yorkshire, access to services can be found using the below links**

Information on the support available in Selby [Link: Selby](#)

Information on the support available in the Hambleton and Richmondshire  
[Link: Hambleton, Richmond](#)



### **LGBT+ Group**

Youth group for those who are or think they might be Lesbian, Gay, Bisexual, Trans or questioning. Have some fun, meet people, get information & support. **Age 13 to 19 years**

**For details:**

**Contact:** [SelbySouthCC@northyorks.gov.uk](mailto:SelbySouthCC@northyorks.gov.uk) or Tel/message Helen on 07973 918386

**Contact:** [lgbthamandrich@northyorks.gov.uk](mailto:lgbthamandrich@northyorks.gov.uk) or Tel. Colburn Children's Centre on 01609 532595



Yorkshire MESMAC is one of the oldest and largest sexual health organisations in the country. We offer services to various communities including men who have sex with men, BME people, people misusing drugs, sex workers and LGB&T young people and adults.

- Free, rapid and confidential HIV testing
- Condoms and lubricant
- Counselling
- Information and resources
- Support for individuals and community groups
- Training

**York office:** Tel: 01904 620400 or Email: [york@mesmac.co.uk](mailto:york@mesmac.co.uk)

**North Yorkshire office:** Tel: 01609 258745 or Email: [northyorkshire@mesmac.co.uk](mailto:northyorkshire@mesmac.co.uk)



Free, safe and anonymous online support for young people

**Need to talk?** Chat to our friendly counsellors, Read articles written by young people, Get support from the Kooth community [Link: Kooth](#)

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**NHS CAMHS** (Child Adolescent Mental health Services)

For referrals to the Child and Adolescent Mental Health Service (**Harrogate & Rural District, Scarborough, Whitby, Ryedale, Hambleton & Richmondshire**) please contact the **CAMHS single point of access on 0300 0134778** (Monday to Friday 9am to 5pm) for advice and a referral form.

For the **Selby** Area phone the **CAMHS single point of access on 01904 615345**

[You can also download the referral form here](#)

If the situation is urgent then you can call our locality teams (Monday to Friday 9am to 5pm) and request to speak with a duty worker:

**Northallerton - 01609 718810**

**Selby - Tel: 01757 241070**

**CAMHS Crisis**

If the situation is a mental health crisis then you can access the CAMHS crisis teams:

**Hambleton and Richmondshire** (covered by Teesside 24 hours) - **0300 013 2000 (option 6)**

**Selby - 01904 615348** (10am to 10pm)

**YOUNGMINDS**

We're here to make sure they get the best possible mental health support and have the resilience to overcome life's difficulties.

The crisis in children and young people's mental health is real and it is urgent. More children and young people than ever before are reaching out for help with their mental health. But for those who take that brave step, help is much too hard to find.

Together, we are changing this. We're fighting for young people's mental health

**Helpline: 0808 802 5544**

[Link: Young Minds](#)