

MENTAL HEALTH SUPPORT DURING COVID-19

Crisis Team North Yorkshire
Call: 0800 561 0076

Crisis Emergency - Ring 999
Ring 111 for professional help 24/7, 365 days
*If you are under the mental health services, contact your Care Co-ordinator

Safety Planning

You can create a safety plan at: www.stayingsafe.net
This can help to prevent your mental health from deteriorating excessively whilst you are isolating.

Samaritans 116123	Re Think Mental Illness 03005 000927	Mind 0300 233393	SaneLine 0300 0947000
----------------------	---	---------------------	--------------------------

Non Emergency Support

OCD Action 0845 3906232	No Panic 0844 9674848	NY Mental Health Support 0333 000309	CALM 0800 585858
----------------------------	--------------------------	---	---------------------

Chat Online

- Turn 2 me
- Kooth
- Anxiety UK
- 7 Cups.com

Young People

The MIX Under 25's
(Online Chat and Crisis Text Service)
Compass Buzz
(Text Service)

Mobile Phone Apps

- CALM
- Headspace
- Fire Fighter
- Be Mindful
- Happier
- Stay Alive
- Mindshift

Text Service

- SHOUT - 85258