

Support for your child...

Supporting you to support your child...

I would like to support my child with...	
Bereavement	Just 'B' offers expert emotional wellbeing and bereavement support to children, young people and adults across the communities of North Yorkshire. You can visit their website: https://justb.org.uk/
Eating disorders	BEAT offers support groups for young people with Eating Disorders and their friends and family. You can call their helpline: 0808 801 0677
Suicide ideation	Papyrus offers support and advice for people under 35 experiencing suicidal thoughts and to anyone concerned about a young person. You can call them on: 0800 068 4141
Self-harm	Calm Harm is a free app providing support and strategies to support your child resist or manage the urge to self-harm
Understanding Autism	The National Autistic Society supports, guides and offers advice to autistic people and their families. Their website is: autism.org.uk
Understanding ADHD	ADHD UK provides information and resources on subjects including diagnosis, medication, education and employment, as well as online support groups.

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Tackling Bullying	Kidscape offer information, advice and support for parents, carers and other family members who are concerned that a child is being bullied or may be involved in bullying others. You can also contact them via WhatsApp on 07496 682785.
Their gender identity	Mermaids supports and provides information for transgender and gender-diverse young people and their parents and carers. You can visit their website or call 08088010400
Improving sleep	The National Sleep Charity provides information and advice to support to empower the nation to sleep better. You can call the National Sleep Helpline on 03303 530 541.
Drugs and alcohol awareness	HumanKind support around drugs or alcohol, to young people across North Yorkshire. Email NYYP.admin@humankindcharity.org.uk or call 08000 14 14 80
Managing forces deployment	North Yorkshire's Service Pupil Champions provide extra support for Service children in the County. You can contact 07966 305 651/ 01609 532 193

Support for your child...

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Websites For General Support and Advice

The Go-To
For healthy minds in North Yorkshire

YOUNGMINDS
fighting for young people's mental health

 **recoverycollege** online

childline

 **mind**

THE MIX

Support in a Mental Health Crisis Getting Urgent Help

If you feel worried that a young person may attempt suicide, or have seriously hurt themselves, this is an emergency. You can:

- Call 999 / 111
- Go to A&E

Call CAMHS crisis line: 0800 051 6171

