

Your Growing Healthy Team are here for all children and young people, providing support, encouraging healthy lifestyles and protecting those who are most vulnerable.

Support Services for Young People - Ryedale

School Nursing Team - 01423 557953

The Healthy Child Team is a service for 5-19 year olds experiencing mild to moderate mental health difficulties, providing short term 1:1 support.

Please leave a message and we will get back to you on the next working day.



www.kooth.com

Kooth.com is online counselling and support service which is available to all young people aged 11-18 years in North Yorkshire. It is a safe, confidential and anonymous way for young people to access emotional wellbeing and early intervention mental health support. Kooth's fully trained and qualified counsellors and emotional wellbeing practitioners are available weekdays 12pm until 10pm and weekends 6pm until 10pm, 365 days per year.

www.thegoto.org.uk

North Yorkshire specific website to help signpost you to the best service for your needs. Contact details for all available services across North Yorkshire.



You can talk about anything. No problem is too big or too small. Free phone Number or get in touch online. However you choose to contact, you're in control. It's confidential and you don't have to give your name if you don't want to.

For people under 25 **0808 808 4994**

The Mix is the here to take on the embarrassing problems, weird questions, and please-don't-make-me-say-it-out-loud thoughts that people under 25 have. They offer a free & confidential helpline available 365 days a year via phone, email or webchat. They also have discussion boards and live chat.

