

Mental Health Support in Richmondshire & Hambleton



**Support
available
to you**

If you are experiencing mental health problems, or are concerned about someone you know, their family GP can help. GPs act as a first point of contact and can provide initial support as well as providing signposting / referral and advice on mental health services

Did you know?

- 1 in 4 people will experience a mental health problem in their lifetime.
- Mixed anxiety & depression is the most common mental disorder in Britain, with 7.8% of people meeting criteria for diagnosis
- 50% of mental health problems are established by age 14 and 75% by age

Community Support

Talking Therapies

Provide **talking therapies** for people experiencing the following difficulties:

- Depression
- Panic disorder
- Obsessive compulsive disorder
- Anxiety and worry
- Social phobia
- Specific phobias
- Post-traumatic stress disorder



Treatments Include:

- SilverCloud -
- Psycho-education courses -
- Telephone guided self-help
- Face to face guided self-help
- Cognitive behavioural therapy (CBT)
- Interpersonal psychotherapy (IPT)
- Eye movement desensitisation and re-processing (EMDR)

Self-refer by **Tel. 01609 768890**, or **Online application through the website**, or **via GP**

Website—[North Yorkshire Talking Therapies - Tees Esk and Wear Valleys NHS Foundation Trust \(tevv.nhs.uk\)](https://www.nhs.uk)

Community Support

The Living Room (Northallerton)

5/5A Garthway Northallerton DL7 8NS

Community hub providing an open house, a safe space where all are valued and enabling people to find the help they need.

You are welcome to chat over a drink, sit quietly or join in activities (e.g. arts, crafts, hobbies, games, or puzzles)

For up to date opening times contact – 07483 426920

Email: info@thelivingrooms.org.uk or check their Facebook Page

Living Well

An initiative within Social Services offering a 12-week programme of support for the vulnerable or socially isolated with low-level social needs.

Tel: 0300 131 2131.

Website - [Adult social care | North Yorkshire Council](#)

Social Care

You may get support from Social care if you:

- are over 18,
- are 'ordinarily resident' of the local authority area,
- meet the eligibility criteria.

The assessment will consider your needs and provide relevant services this could include information and advice, provision of a Support Time Recovery Worker or Social Worker.

To request an assessment telephone [0300 131 2131](tel:03001312131).

For further information on eligibility access the website - [Adult social care | North Yorkshire Council](#)

Counselling

GP – Access GP counselling service via GP

MIND – Tel 01609 780758. (may be a charge involved)



Young People

NORTH YORKSHIRE COMPASS PHOENIX - (FORMERLY BUZZ AND REACH)

Young people aged from 9 to 19 (and up to 25 for those with special educational needs or dis-abilities) issues relating to emotional wellbeing and mental health, can access free help, advice, and practical support at **Compass PHOENIX**

How to access our services If you or someone you know needs our help; you can contact us in complete confidence

Tel: 01904 661916

Freephone: 0800 008 7452 **Email:** phoenix@compass-uk.org

Out of hours appointments can be accommodated on request **Text 07520 631168** for confidential advice, support, and signposting from a wellbeing worker within one working day via text.

Website - <https://www.compass-uk.org/services/compass-phoenix/>

CAMHS (Child and Adolescent Mental Health Service)

NHS mental health services for children (up to age 18yrs) and their families.

Main reception: 01609 718810

Single point of access: 0300 013 4778

If you require support out of these hours and feel you are in danger or at risk of harm, you can contact the CAMHS Crisis Service on 0800 051 6171 which is available 24/7.

The Go-To website

Provides resources and information on wellbeing and mental health for young people, parents, carers, and professionals in North Yorkshire.

<https://www.thegoto.org.uk/>

Parent / Carer Support

Papyrus (Prevention of Young Suicide) have developed a guide This guide has been created following discussions with parents who have experience of supporting a young person struggling with their mental health

Document can be found <https://www.papyrus-uk.org/wp-content/uploads/2020/08/Supporting-Your-Child-A-Guide-for-Parents.pdf>

Papyrus website - Website - <https://www.papyrus-uk.org>



Parent / Carer Support

Recovery College Online—A range of Online courses available FREE including:

Back to School Worries

How to Support my Anxious Child

Anxiety

Sleeping Difficulties

Low Mood

Self-harm

Attention Deficit Hyperactivity Disorder (ADHD)

Eating Disorders

Website -

<https://www.recoverycollegeonline.co.uk/young-people/for-parents-and-carers/>

Carers' Respite Sitting Scheme

The Carers' Respite Sitting Scheme supports carers living in Northallerton, Bedale and surrounding villages, offering them the opportunity for a short break from their caring duties. This is a FREE service

Find Out More

To ask if you are eligible for this scheme, to find out more or to enquire about becoming a volunteer visitor, please email projects@hambletoncommunityaction.org or phone 01609 780458 Ext. 207.



Carersplus

Services offered by the local carers' support services include:

- Confidential information, advice, emotional support, and representation.
- A carer assessment on behalf of North Yorkshire County Council.
- Benefits advice.
- Regular information by way of circulars, bulletins or newsletters.
- Referrals to other specialist support organisations.
- Information sessions, courses, and other related activities; and
- Help for carers who need support to continue working and caring.

T: 01609 780872

E: admin@carersplus.net

Website - www.carersplus.net

Every Mind Matters provides online information for carers to enable them to provide more effective care. If you know someone struggling with their mental health, there are lots of things you can do. Find out how you can help and support them

Website - www.nhs.uk/every-mind-matters/supporting-others/helping-others/#how-to-help

Crisis Support

Crisis Resolution and Home Treatment Team

Provide specialist assessment for people aged 16yrs* and older who need urgent mental health care. This assessment helps to understand and agree:

- what your current needs are
- how you may be able to be supported
- This includes your mental and physical health needs as well as any social care needs you may have.
- We will also identify if there are any risks to yourself or others. This is to minimise any possible harm and support your well-being.
- A range of professional's work in the team including nurses, psychologists, occupational therapists, social workers, support workers, doctors, and trainee staff.

* In some areas, where people have been supported by child and adolescent mental health crisis services, support will be given from the age of 18yrs."

You can contact the team on **0800 0516 171**

If you, or someone you know, are in immediate danger of serious harm (for example, if someone has taken an overdose) and you need immediate medical help **Tel. 999**.

Bereavement Support

CRUSE Bereavement cover York and North Yorkshire

Tel 01904 481162

Email york@cruse.org.uk

Website - <https://www.cruse.org.uk/get-help/local-services>

Hambleton Community Action—Run a bereavement friendship group and regularly meet in Northallerton. If interested in joining the group, please register your interest by emailing reception@hambletoncommunityaction.org or give Hambleton Community Action a call on 01609 780458

Support for those Bereaved by Suicide

NYCC—For confidential support and advice contact the Major Incident Response Team (MIRT) - Tel: 07974 745194 (24hr)



Retaining Employment Support

Access to Work—Mental Health Support

Workplace Mental Health Support Service provides support to those experiencing depression, anxiety, stress, and other mental health issues, to stay in or return to work. We can help you too.

- Create a personalised support plan to meet your needs.
- Identify suitable coping strategies.
- Look at ideas for adjustments in the workplace or working practices.

Help your employer to fully understand your condition and how they can support you - that's if you'd like us to.

You can apply for this service if:

- You're in employment (attending work or signed off sick)

Have a mental health condition (diagnosed or undiagnosed) that has made you miss work or is making it hard for you to stay in work.

Applications are subject to a decision by Access to Work.

Tel 0300 456 8114



Jobcentres provide a retention service. Support can be accessed if you are experiencing difficulties in work i.e., stress. A referral to the Employment Engagement Team can be accessed via your local Job Centre Plus.

The **Talking Therapies Employment Adviser Service** also offer a retentions service to those engaged with the IAPT service.

To be referred to this service you need to be referred by the IAPT service. Speak to your worker for further information.

Remote Support

Email - Samaritans - jo@samaritans.org

Your emails are 100% confidential and all details, like your email address and telephone number, are removed before our volunteers see it. Only trained Samaritans volunteers see and reply to your email.

Text Samaritans – 07725909090 – Many people do not like talking on the phone or have communication difficulties.

Face: Face Community Support

MIND - Provides 1:1 counselling, self-help courses, arts & crafts. (May be chargeable) .

**159/160 High Street
Northallerton
DL7 8JZ**

Tel – 01609 780758

Samaritans Northallerton and The Dales Provides 1:1 appointment.

Address: 7 Crosby Rd, Northallerton
DL6 1AA

Armed Forces

Veteran Transition Intervention and Liaison Service (TILS)

This service provides a range of treatment and support for veterans, as well as armed forces personnel approaching discharge. This includes recognising the early signs of mental health problems and providing access to early treatment and support, as well as therapeutic treatment for complex mental health difficulties and psychological trauma. Patients are also provided with help, where appropriate, with employment, reduction in alcohol consumption, housing, and social support.

For more information about our service, the Veterans' Mental Health Transition, Intervention & Liaison Service on **0800 652 2867** or email **VTILS@cntw.nhs.uk**

Vulnerable Veteran & Adult Dependant Service

Offering support through the IAPT Service

Tel 01748 831964

COMBAT STRESS
FOR VETERANS' MENTAL HEALTH

HELPLINE: [0800 1381619](tel:08001381619)

TEXT: [07537 173683](tel:07537173683)

EMAIL: helpline@combatstress.org.uk

Help for Heroes Hidden Wounds

Provides free and confidential support to Veterans, their families, and the families of those currently serving who are suffering with anxiety, depression, stress, anger or alcohol. The service is easily accessible, with support delivered by phone, Skype, or face to face.

Telephone - **0300 303 9888**

Website

www.helpforheroes.org.uk

SSAFA Forcesline

Free confidential helpline and e-mail service providing support independent of the military chain of command.

Website: ssafa.org.uk/help-you/forcesline

Tel: 0800 731 4880 open 9:00 - 17:30 Monday – Friday

Togetherall

A safe anonymous 24/7 online community where you can talk to people, who feel like you; whilst guided by trained professionals.

Website: togetherall.com

E-mail: theteam@togetherall.com

Army Welfare Service

Personal Support Staff provide accessible, independent, confidential, and professional specialist welfare services to soldiers and their families with any personal or family difficulty.

Tel: 01904 882053 open Mon-Thurs 08:30-16:30, Fri 08:30-16:00

Apps - This list has been compiled as a guide to Apps available to support your wellbeing. We are not able to recommend individual Apps. Please check the suitability of each App, and if there are any cost implications or compatibility issues. Whilst most of the apps listed below are free to download, please be aware of potential in-app purchases

Panic Disorder

Beat Panic is designed to guide people through a panic attack or raised anxiety using their phone.

Cost = 0.99p

<https://www.nhs.uk/apps-library/beat->

Mindfulness & Meditation

Headspace

Learn to relax with guided meditations and mindfulness techniques that bring calm, wellness, and balance to your life in just a few minutes a day

<https://apps.apple.com/gb/app/headspace-meditation->

[sleep/id493145008](https://apps.apple.com/gb/app/headspace-meditation-sleep/id493145008)

Calm Harm

Calm Harm is an award-winning app developed for teenage mental health charity stem4. Calm Harm provides tasks to help you resist or manage the urge to self-harm.

Calmharm.co.uk

Thrive

Thrive uses games to track your mood and teach you methods to take control of stress and anxiety. Learn relaxation techniques like meditation and deep breathing to help you cope better with stressful situations and manage negative thoughts

Thrive.uk.com

Happify

Need a happy fix? With its psychologist-approved mood-training program, the Happify app is your fast-track to a good mood. Try various engaging games, activity suggestions, gratitude prompts and more to train your brain as if it were a muscle, to overcome negative thoughts. The best part? Its free!



Breathe2Relax

Breathe2Relax is an app for all mobile devices that teaches a skill called “diaphragmatic breathing” to help users feel more relaxed. Diaphragmatic breathing, also known as “belly breathing,” is a common relaxation skill utilized in a variety of treatments, including cognitive behavioural therapy, for anxiety and PTSD.

[Breathe2Relax – Apps on Google Play](#)

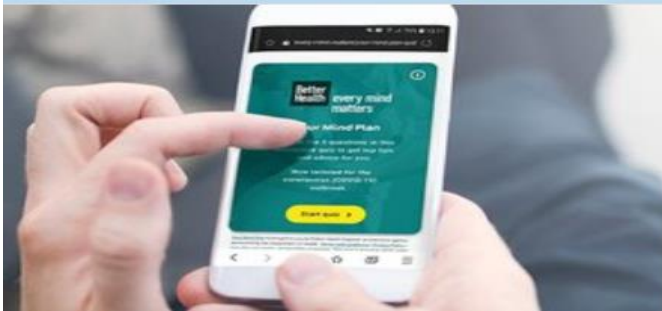


Online Support

Every Mind Matters

Having good mental health helps us relax more, achieve more, and enjoy our lives more. There are simple things we can all do to look after our mental health and wellbeing – take the quiz to get started with a free plan, expert advice, and practical tips

www.nhs.uk/every-mind-matters/



Get Your Mind Plan

Answer 5 quick questions to get your free plan with tips to help you deal with stress and anxiety, improve your sleep, boost your mood and feel more in control.

Recovery College—Online

These courses have been developed by Tees Esk Wear Valley (TEWV) NHS and includes training courses, resources, and forums to help you develop your knowledge about various aspects of your mental health.

Website - www.recoverycollegeonline.co.uk/mental-health/



Audio Guides

On this website you can listen to a series of mental wellbeing audio guides to help you boost your mood.

You can listen to them privately, in your own time, to help you through feelings such as anxiety or a low mood

Website - www.nhs.uk/mental-health/self-help/guides-tools-and-activities/mental-wellbeing-audio-guides/

Sleepstation

Sleepstation is a clinically validated sleep improvement programme that can help you **sleep better after just four sessions**. Poor sleep has been shown to have negative effects on mood, memory, attention, decision-making, immunity, and motivation. Sleep is often the first thing we sacrifice when life gets busy. However, when we prioritise sleep we become better equipped to deal with life's challenges. Sleepstation can help you understand how to improve your sleep, giving you significant boosts in mood, concentration, and performance.

Website - www.sleepstation.org.uk

Library Resources

Books on Prescription (Reading Well)

Reading Well helps you to understand and manage your health and wellbeing using helpful reading.

The books are all endorsed by health experts, as well as people living with the conditions covered and their relatives and carers. You can be recommended a title by a health professional, or you can visit your local library and take a book out yourself.

There are currently four book lists available:

Reading Well for mental health

Reading Well for dementia

Reading Well for young people

Reading Well for long term conditions

Reading Well for Children

These are available from local libraries – the libraries also offer a home delivery service for those who experience difficulties accessing the community.

Wellbeing Bags

The bags are confidential and easy to use. They include resources and information such as: colouring; recipes; puzzles; self-help books; a relaxation CD; and health information and advice.

Wellbeing bags can be borrowed free of charge for three weeks using a library card

Self-Care Toolkits

Self-Care Toolkits are a portable collection of items, books, and activities to encourage young people (11+) to practice self-care and enhance mental wellbeing. They can be reserved and borrowed from any North Yorkshire library by individuals and groups, for use at home, in the library or out in the community. Contents include books from the shelf help reading well collection, sketch pads, colouring pencils, fidget toys, origami, and information on support organisations.

Self-Care Toolkits can be borrowed free of charge for three weeks using a North Yorkshire library card



Complaints about NHS Services

In the first instance speak to the medical staff involved. If you are still unhappy contact Patient Advice and Liaison Service (PALS) on 0800 052 0219 or email tewv.pals@nhs.net

Advocacy

Cloverleaf Advocacy provide high quality advocacy services to people with mental health needs, learning disabilities, older people, people with physical and sensory impairment, and carers—Tel 0300 012 4212

Website - cloverleaf-advocacy.co.uk

Housing Support

Broadacres housing deliver floating support to people living in their own homes who are struggling with their mental health.

Website - www.broadacres.org.uk/supporting-our-customers/mental-health-services/



Five Steps to Mental Wellbeing

Below are five things that, according to research, can really help to boost our mental wellbeing:

Connect – connect with the people around you: your family, friends, colleagues, and neighbours. Spend time developing these relationships.

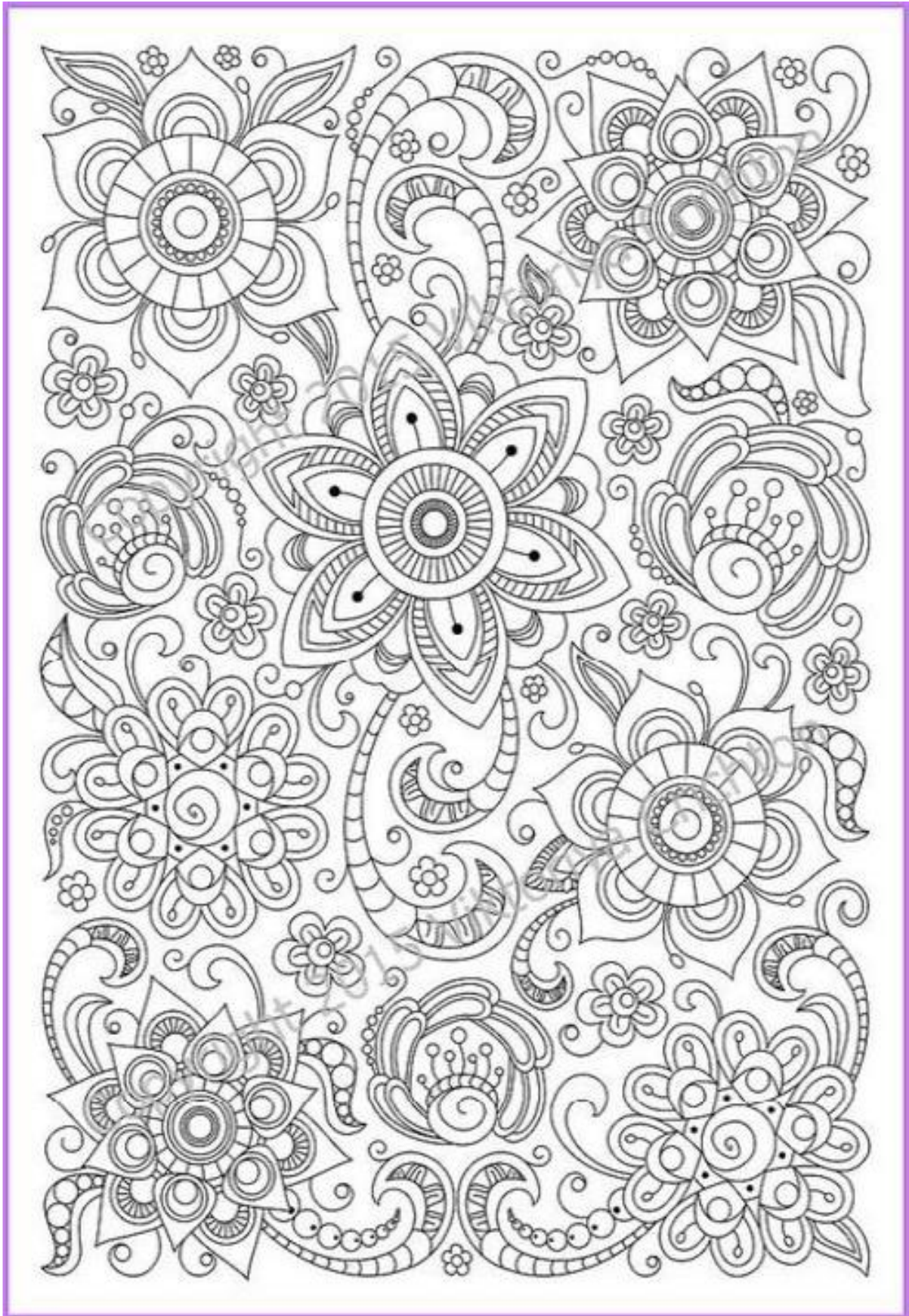
Be active – you don't have to go to the gym. Take a walk, go cycling or play a game of football. Find an activity that you enjoy and make it a part of your life.

Keep learning – learning new skills can give you a sense of achievement and a new confidence. So why not sign up for that cooking course, start learning to play a musical instrument, or figure out how to fix your bike?

Give to others – even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks.

Be Mindful – be more aware of the present moment, including your thoughts and feelings, your body, and the world around you. Some people call this awareness "mindfulness". It can positively change the way you feel

Colouring – provides an activity that is relaxing – helps us distance ourselves from life's stresses, resulting in benefits that are similar to meditation, making the colourer feel calmer and happier.....Enjoy :)



Notes Page – Use this page to record any information