

Mowbray Safeguarding Bulletin

Thursday 10th Oct is World Mental Health Day

A day specifically to recognize and remember the importance of everyone's mental health.

[Grab your reader's attention with a great quote from the document or use this space to emphasize a key point. To place this text box anywhere on the page, just drag it.]



Dear Families, here at Mowbray School we recognize that parents, carers and pupils can face challenges and difficulties with their emotional and mental health.

This bulletin is intended to offer some supportive information for those who require it. During normal school hours call school on 01677 422446 and ask to speak to Designated Safeguarding Lead Sharon O'Rourke. For support, advice and guidance outside of school hours please contact your GP or see below for support services.

Go to website	The website has all services on for young people and adults for parents/professionals etc. https://www.thegoto.org.uk/about-the-go-to/
Shout	Free, 24/7 mental health text support in the UK Shout 85258 (giveusashout.org) Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.
Compass Buzz	Our website also gives lots of info as to what BUZZ offers including training and BUZZ US https://www.compass-uk.org/services/north-yorkshire-compass-buzz/
Compass Phoenix	https://compass-uk.org/services/compass-phoenix/
Young Minds	Parent helpline 0808 8025544 free for mobiles and landlines – Monday to Friday for concerns relating to a child or young person's mental health up to the age of 25
Kooth	www.kooth.com offers free, safe and anonymous support for 11–19-year-olds online.
Childline	Contact number is 0800 1111 or visit www.childline.org.uk
CAMHS	Children's Adolescent Mental Health Service – single point of access for advice and support 0300 0134778

Mind	Mind is a charity specialising in Mental Health. Its website has links to support information and advice Mind Mind, the mental health charity - help for mental health problems
IAPT (Improving Access to Psychological Therapies)	Home - North Yorkshire IAPT We provide a range of therapies for people in North Yorkshire aged 17 and over who may be experiencing the following difficulties: <ul style="list-style-type: none"> • Depression • Anxiety and worry • Health anxiety • Social phobia • Specific phobias • Panic disorder • Post-traumatic stress disorder (PTSD) • Obsessive-compulsive disorder (OCD)
Visit/talk to your local GP	
North Yorkshire Mental Health helpline	Provides a confidential and anonymous and free service please call 0800 0516171 (free for landlines and mobiles) Open Monday to Thursday 5pm -8.30am and Friday from 4.30pm (24 hours at the weekends)
Samaritans	Call 116123

Children and Adolescent Mental Health Service (CAMHS) Crisis Service

Where you have urgent concerns regarding a child or young person's mental health, please call CAMHS Crisis Service in the appropriate locality where you have a concern:

- **Northallerton, Hambleton and Richmondshire:** TEWV All age Line:- 0800 0516171 (Option 2, then option 3), 7 days a week, 24 hours
- **Harrogate, Knaresborough and Ripon:** TEWV All age Line:- 0800 0516171 (Option 2, the option 1), 7 days a week, 24 hours
- **York and Selby:** TEWV All age Line:- 0800 0516171 (Option 2 then option 2), 7 days a week, 24 hours
- **Scarborough, Whitby & Ryedale:** TEWV All age Line:- 0800 0516171 (Option 2 then option 4), 7 days a week, 24 hours
- **Craven:** BDCT First response 08009521181 7 days a week, 24 hours

Young people's Mental Health support in North Yorkshire

The Go-To has a number of resources to help you.

www.thegoto.org.uk

The Go-To
For healthy minds in North Yorkshire

NHS

North Yorkshire support for young people's Mental Health



There is national and local support for young people, parents, carers and professionals on the Go-To website.

www.thegoto.org.uk



SCAN ME

The Go-To

For healthy minds in North Yorkshire

NHS

Find Mental Health support available to you in North Yorkshire

- Top tips on feeling good
- Coping with common issues
- What's in North Yorkshire for me?
- And more on the Go-To (www.thegoto.org.uk)



The Go-To

For healthy minds in North Yorkshire

NHS



SCAN ME

Support for parent and carers

The Go-To provides advice for parents and carers, on how to support their young people when they are struggling with their mental health.

www.thegoto.org.uk



The Go-To

For healthy minds in North Yorkshire

NHS



Find Mental Health support for children and young people in North Yorkshire



Visit the Go-To
www.thegoto.org.uk



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For healthy minds in North Yorkshire

NHS

Support for young people's Mental Health in North Yorkshire



There is support available on the Go-To website, for young people, parents, carers and professionals.

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SCAN ME

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NHS

Mental Health support in North Yorkshire



The Go-To has a number of resources to support children and young people, including 'Getting the support you need' and 'What's in North Yorkshire for me?'.

www.thegoto.org.uk



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