

KeyRing

... We're Life Changing



The most important thing to remember is that if you are feeling depressed or anxious you need to talk to someone you trust.

If you need more help, here are some important phone numbers and websites;



NHS Crisis in North Yorkshire (except Craven) – 0800 0516171

<https://www.tewv.nhs.uk/about-us/contact-us/>

NHS Crisis in Craven – 01274 221 181

<https://www.bdct.nhs.uk/services/first-response/>



North Yorkshire mental health helpline is an out of hours phone line

Monday to Thursday 5pm to 08.30am and Friday from 4.30pm.

This helpline is open all day at weekends and bank holidays - **0800 561 0076**



MIND - 0300 123 3393 or text 86463

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

Samaritans – 116 123

<https://www.samaritans.org/>

NHS helpline – 111

Please use this space below to write down the names of other people to phone if you need to speak to someone
