

# 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 051 6171**

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

**NHS Crisis in Craven – 0800 952 1181**

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



**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
