

Telephone Numbers and Information

Support organisations	
Mind in Harrogate District	01423 503335 <i>Weekdays : 8.30am – 5pm</i>
Mind in Harrogate District Counselling Service	01423 547246
Mind in Harrogate District Out of Hours Telephone Service	01423 647216 <i>Saturdays/Sundays : 7.30pm – 11.30pm</i>
Battle Scars (self harm)	07410 380747
Beat Eating Disorder helpline	08088 010677
Youthline	08088 010711
Studentline	08088 010811
Bipolar UK	03333 233885
Boroughbridge & District Community Care	01423 324504
Harrogate Homeless Project, Bower Street	01423 566900
Citizens Advice Bureau	03444 111444
Wellspring Therapies (counselling)	01423 881881
Claro Enterprises (including Men's Shed)	01423 885879
The Orb Creative Arts & Wellbeing	01423 202028
Carers Resource	01423 500555
Age UK	01423 502253
Community Clothing Bank	01423 544528
Harrogate & District Advocacy	01423 547500
Horizons	01723 330730
Just B – Bereavement Support	
Adults	01423 814480
Children	01423 856790
Harrogate HELP Scheme (Help at home)	01423 813096
Ripon	01765 645915
Talk to Frank (Drug Support)	0300 123 6600
Ex Forces Support team	01904 704177
Mums in Mind, Bilton	01609 532902
Samaritans Freecall number	116123
Statutory Agencies	
CAHMS	01423 726900
Harrogate Borough Council	01423 500600
(TEWV) Windsor House, Harrogate	01423 852000
The Orchards, Ripon	01765 632920
TEWV Crisis Team All Age 24/7 MH Helpline	0800 0516 171
NHS	111
Police	101
Emergencies	999