

## Telephone Numbers and Information

<b>Support organisations</b>	
Mind in Harrogate District	01423 503335 <i>Weekdays : 8.30am – 5pm</i>
Mind in Harrogate District Counselling Service	01423 547246
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) Ripon	01423 813096 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
<b>Statutory Agencies</b>	
CAHMS	0300 013 4778
CMHT	01609 751850 or 01609 751851
Older People Mental Health Services	01609 785060
IAPT	01609 768890
TEWV Crisis Team All Age 24/7 MH Helpline	0800 0516 171
NHS	111
Police	101
Emergencies	999