



Mind in Harrogate District

Mind in Harrogate District - Signposting Organisations

Support organisations		
Harrogate Mind	01423 503335 <i>Weekdays : 8.30am – 5pm</i>	Mind in Harrogate District Mental Health & Wellbeing Support
Battle Scars (self harm)	07410 380747	Battle Scars - Home (battle-scars-self-harm.org.uk)
Beat Eating Disorder helpline Youthline Studentline	08088 010677 08088 010711 08088 010811	The UK's Eating Disorder Charity - Beat (beateatingdisorders.org.uk)
Bipolar UK	03333 233885	Bipolar UK National UK Charity
Boroughbridge Community Charity	01423 324504	Boroughbridge Community Charity (bcccharity.co.uk)
Harrogate Homeless Project, Bower Street	01423 566900	HHP (harrogate-homeless-project.org.uk)
Citizens Advice Bureau NY	0808 278 7900	North Yorkshire Citizens Advice & Law Centre (cany.org.uk) *MIHD team can do a fast track referral
Wellspring Therapies (counselling)	01423 881 881	Wellspring Therapy & Training
Claro Enterprises (including Mens Shed)	01423 885879	Adult Mental Health Charity Harrogate Charity Claro Enterprises
The Orb Creative Arts & Wellbeing	01423 202028	Orb Community Arts Knaresborough Facebook
Carers Resource	01423 500555	Support for Young and Adult Carers - Carers' Resource (carersresource.org)
Age UK	0300 30 20 100	Welcome to Age UK North Yorkshire & Darlington
Harrogate Clothes Bank	01423 589148	Free clothes & shoes in North Yorkshire (harrogateclothesbank.co.uk)
Resurrected bites – Food Bank	07396 798788	Resurrected Bites – Give As You Can Cafe in Harrogate which uses good quality food "waste" to serve up delicious, nutritious meals.
Ripon Community House – Food parcels Ripon and Boroughbridge	01765 603631	Food Support Ripon & Boroughbridge - Ripon Community House
Cloverleaf Advocacy	01924 438438	Cloverleaf Advocacy (cloverleaf-advocacy.co.uk)
Horizons	01723 330730	Harrogate - North Yorkshire Horizons (nyhorizons.org.uk)
Just B – Bereavement Support Adults Children	01423 814480 01423 856790	Just B

mind in Harrogate District

Harrogate HELP Scheme (Help at home) Ripon	01423 813096 01765 645915	Help at Home – HELP (helpharrogate.org.uk)
Talk to Frank (Drug Support)	0300 123 6600	Honest information about drugs FRANK (talktofrank.com)
Ex Forces Support team	01904 704177	Ex-Forces Support North Yorkshire - Community First Yorkshire
Mums in Mind	01423 555316	Mums in Mind (mumbler.co.uk)
Samaritans Freecall number	116123 0330 094 5717	Samaritans of Harrogate and District
IDAS Harrogate	03000 110 110	IDAS
New Beginnings Peer Support	01423 313080	New Beginnings Facebook
SHOUT – Text mental health support	Text 'shout' to 85258	Shout: the UK's free, confidential and 24/7 mental health text service for crisis support Shout 85258 (giveusashout.org)
Papyrus – youth suicide prevention	08000684141	Papyrus UK Suicide Prevention Prevention of Young Suicide (papyrus-uk.org)
Stay Alive app		StayAlive - Essential suicide prevention for everyday life
Andy's Mans Club		Andys Man Club Harrogate Harrogate Facebook
Harrogate HELP (Transport services, signposting, gardening support)	01423 813090	HELP – Harrogate Easier Living Project (helpharrogate.org.uk)
Statutory Agencies		
CAHMS	0300 013 4778	Children and young people's mental health North Yorkshire Council
Windsor House – Integrated Care Team (previously CMHT)	01423 852000	Valley Gardens Resource Centre - Tees Esk and Wear Valley NHS Foundation Trust (teew.nhs.uk)
NY Talking Therapies (previously IAPT)	01423 852137	North Yorkshire Talking Therapies - Tees Esk and Wear Valley NHS Foundation Trust (teew.nhs.uk)
Older People Mental health services	01423 795150	Alexander House - Tees Esk and Wear Valley NHS Foundation Trust (teew.nhs.uk)
Living Well – Adult social care support at your home	0300 131 2131	Living Well in North Yorkshire North Yorkshire Council
North Yorkshire NHS Crisis	111	Where to get urgent help for mental health - NHS (www.nhs.uk)
Police, Fire, Ambulance, Mountain Rescue	101 – Non emergency 999 - Emergency	

 mind in Harrogate District