

Mental Health and Wellbeing in York 2026



Welcome!

Welcome to the sixth issue of Healthwatch York's Guide to Mental Health and Wellbeing in York, which we have been publishing regularly since 2015.

This guide is intended to help people in York find information, advice and support with their mental wellbeing.

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Contact us:

📍 Freepost RTEG-BLES-RRYJ
Healthwatch York,
15 Priory Street, YO1 6ET

☎ 01904 621133
✉ healthwatch@yorkcvs.org.uk
🌐 www.healthwatchyork.co.uk

healthwatch
York

Who to call in a crisis

If you or someone you know is feeling suicidal, then it is important to get some help now.

Call 999 if someone is at immediate risk of hurting themselves or others.

NHS 111

In a mental health crisis call **NHS 111** and **select the mental health option 2**. Available 24/7, you will speak to a mental health professional who can listen and help you find the right support. Please use NHS 111- SignVideo if you are deaf or have hearing loss.

 www.tewv.nhs.uk/services/crisis-advice

Samaritans

A free phone line offering emotional support for anyone experiencing emotional distress. If you prefer you can write to them – they aim to respond within seven days:

Write to: Freepost SAMARITANS LETTERS


 **116 123 Free 7 days a week, 24 hours a day**

 jo@samaritans.org

 www.samaritans.org/branches/york

SANEline

A national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers.

 **Helpline: 0300 304 7000 4pm-10pm everyday**

 support@sane.org.uk

 www.sane.org.uk/home

Shout Crisis text line

If you are experiencing a personal crisis, are unable to cope and need support, Shout can help. For all ages.

 **Text Shout to: 85258**

 **Online resources to help you: www.giveusashout.org/get-help/resources**

The Haven

Out of hours mental health support in a non-clinical environment, virtual support via video call and 24/7 helpline. For anyone aged 16 or over.

 **Walk in: The Haven @ Clarence Street, YO31 7EW Monday to Friday 6pm-10pm and weekends 2pm-10pm**

 **07483 141 310**

 haven.mhm@nhs.net

 www.mhm.org.uk/the-haven-30-clarence-street

Papyrus – Prevention of Young Suicide

Support, practical advice and information for people up to the age of 35, or for anyone who is worried about a young person.

 **0800 068 4141 HOPELineUK**
Open 9am-midnight, every day

 **Text: 88247**

 pat@papyrus-uk.org

 www.papyrus-uk.org

CALM – (Campaign Against Living Miserably)

For people who are down and need to talk or find information and support.

 **0800 58 58 58 Free 5pm-midnight everyday**

 www.thecalmzone.net

 **LiveChat chat service: www.thecalmzone.net/suicide-prevention-helpline**
5pm – midnight every day

SignHealth – The Deaf Health Charity

If you are deaf and experiencing a crisis, text **DEAF** to **85258** for free and immediate support.

SignHealth runs a **BSL Therapy Service**, self-refer through the online form on their website.

 **Text DEAF to: 85258**

 Info@signhealth.org.uk

 **SignVideo: signhealth.org.uk**


Support in the Community


Mental Health Hub at Clarence Street

The *Community Hub at Clarence Street* provides access to mental health and wellbeing support. They offer a one-stop-shop for advice and support.

What you'll find at The Hub@30 Clarence Street:

- A safe space
- Signposting you to the support you need
- Providing a listening ear
- Wellbeing café
- Library of books to support wellbeing
- Relaxing, enclosed garden area
- Computers which you can use

 **Walk in: Monday, Wednesday and Friday, 10am to 4pm at 30 Clarence Street, York, YO31 7DE**

 **01904 553850 / 551963**

 **tewv.hubatclarencestreet@nhs.net**

 **www.tewv.nhs.uk/locations/york-north-community-hub**

Yor Community Wellbeing Hub

Yor Community Wellbeing Hub at Acomb Garth offers mental health and wellbeing support in a calm and comfortable environment. A multidisciplinary team is based at the Hub and can provide support for a range of mental health needs and connections to wider support available in the community.

- Mental health and wellbeing support
- Signposting to local services
- Help with social issues like housing, finances, and loneliness
- A calm and friendly environment

 **Walk in, open six days a week: Acomb Garth, 2 Oak Rise, Acomb, York YO24 4LJ**

- **Monday and Tuesday 9am to 5pm and**
- **Wednesday to Saturday 8am to 8pm**

It is hoped that the service will eventually be open 24-hours a day, seven-days-a-week.

Social prescribing – Primary Care Link Workers


Social prescribers are based in GP surgeries across York. They are also known as Primary Care Link Workers. Social Prescribing links people to non-medical sources of support.

People often seek help from health services for things that are mostly social issues, e.g. loneliness, isolation, financial worries. Social prescribers help to address the root cause of these difficulties. They will work alongside you, get to know you, and help you improve your health and wellbeing.

Your Social Prescriber can contact you via phone, meet you in the surgery or in the community – whatever works best for you. Your social prescriber is non-judgmental. They are there to help improve the quality of your life.

How to access this service:

Anyone registered with a GP surgery in York is eligible for social prescribing.

 **01904 437911 or contact your GP surgery to be referred**

Anyone who works at a GP surgery can refer to social prescribing; you don't need a GP appointment.

GP Surgeries

If you are worried about your mental health or you feel like your mental health is worsening, then arrange to speak to your GP. They will be able to give you advice and refer you to the right place.


GP surgeries now have first contact mental health practitioners who are specialists in mental health. They can provide quick assessments, offer 1 to 1 support and help people to access local services that can help their wellbeing.

Support in the Community

Frailty Hub

The **Frailty Hub** is a project to help avoid admission to hospital. It is designed to provide an urgent response, medical support and social prescribing.

It tries to prevent unnecessary hospital admissions by addressing patients' needs within the community, which can include the support of a social prescriber.


 **01904 928844**

Integrated Discharge Support Services (IDSS)

Provides timely, safe discharges from hospital with joined-up health, care and voluntary sector support.

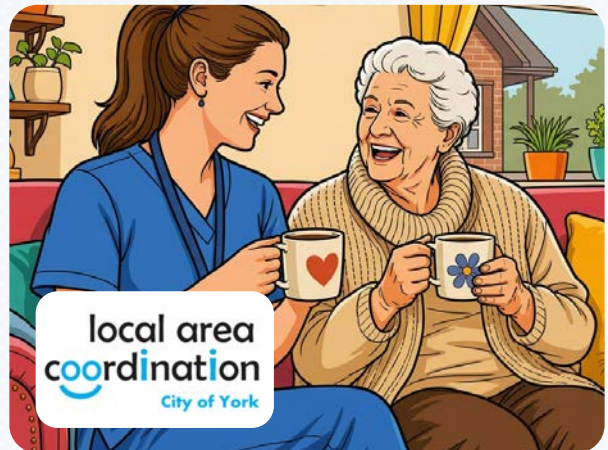
It can provide:

- Safe and supported discharge
- Transport home from hospital and a settling in service
- Home assessment on discharge day
- Short term flexible packages of care
- A clinical visit within 24-48 hours of discharge if needed
- Support to manage recovery and regain mobility
- Support with non-medical issues
- Information and support to access further community services
- Follow up welfare calls and reablement support
- Support for carers

 **01904 928844**

York Carers Centre

Offers a range of support and advice for unpaid carers in York. **See page 10** for details.



Local Area Coordinators – City of York Council

Local Area Coordinators (LACs) work with individuals and families of all ages and abilities.

They take time to get to know you, your family, friends, carers and your community, so they can help you to build a strong support network.

LACs can help and support in a range of ways with a range of circumstances and are happy to be contacted direct to discuss how they might be able to help you live a good or better life.

LACs will take time to get to know you and support you to:

- Explore, think and plan for the future
- Access relevant information, advice and support from the appropriate services
- Meet new people and connect you to your local community
- Get your voice heard

How to access this service:

Visit the City of York Council website to see which areas of York have a LAC and how to contact them:

 www.york.gov.uk/LACDirectory

Abuse

Independent Domestic Abuse Services (IDAS)




Services including advice and accommodation for those experiencing or affected by domestic abuse. Supporting male victims of abuse as well as women, children and young people. IDAS never judge victims of abuse. They work closely with them to find the best and safest solution to fit the person's needs.

If you are deaf or have a hearing impairment, please email info@idas.org.uk to book a web chat appointment.

 **0300 011 0110 North Yorkshire Helpline**
 info@idas.org.uk
 www.idas.org.uk Live chat available via website – Monday to Friday, 1pm-4pm




Survive

York-based charity which supports women and men who have survived child sexual abuse, rape or sexual assault to rebuild their lives.

 **Helpline: 01904 638813**
Monday to Thursday 10am-12pm
 survive@survive-northyorks.org.uk
 www.survive-northyorks.org.uk

Respect

Respect Phonenumber: Anonymous and confidential helpline for men and women who are harming their partners and families. They provide advice and guidance to help people change their behaviours. They also support those working with domestic abuse perpetrators.

 **0808 802 4040 Free – Mon-Fri 10am-5pm**
 www.respectphonenumber.org.uk
 **Webchat support: Mon-Fri 9am-10am**

Respect Men's Advice Line: Practical advice, information and emotional support to any male experiencing domestic violence and abuse from a partner or ex-partner.

 **0808 801 0327 Free – Mon-Fri 10am-5pm**
 www.mensadvice.org.uk
 **Webchat support: Mon-Fri 9am-10am**

Substance addiction and recovery services

The organisation **Change Grow Live (CGL)** is contracted by **City of York Council** to provide the **York Drug and Alcohol Service (YDAS)**. They provide the following services:

Blossom Street – York Drug and Alcohol Service

Offer support to anyone aged 18 and over in York who is experiencing problems with drugs and/or alcohol.

- A welcoming service which is focused on individual needs
- Access to advice, information and a full assessment
- Access to clinical and psychological services
- Opportunities to volunteer and access to employment readiness services
- Referral to other support services, where relevant.

They offer a needle exchange service. You don't need to book an appointment or provide your personal details. You are welcome to turn up during opening hours to exchange your needles, syringes and other injecting equipment.




They offer wound care, testing and treatment for hepatitis C and other blood-borne viruses, advice for steroid users and can provide harm reduction advice specific to your injecting practice. They can also provide naloxone kits for people using opiates.

The service is free and confidential.

Drop in during opening times:

- **Monday: 9am – 7.30pm**
- **Tuesday and Wednesday: 9am – 5pm**
- **Thursday: 11am – 7.30pm**
- **Friday: 9am – 5pm**

 **3 Blossom Street, York YO24 1AU**

 **01904 464680**
 yorksms.info@cgl.org.uk
 www.changegrowlive.org

The Gate – Young people’s service

The Gate York offers a range of support services primarily for young people up to the age of 25 around drugs and alcohol.

They also offer specialist support in a confidential and safe space for children and young people impacted by somebody else’s substance use (sometimes referred to as ‘hidden harm’).



They aim to provide knowledge, skills and confidence to identify and appropriately respond to risk associated with substance use.

You can expect to receive:

- A free, welcoming service
- Access to advice and information
- Person-centred support to meet your needs
- Opportunity to increase your knowledge around substances
- Support in how to deal with the impact of substances on you and your family

How to get support:

Online - use the online referral form to seek help and support if you’re personally struggling with alcohol and drugs. You can also use this form if you are a professional and would like to make a referral for somebody else.

 **01904 464680** and select **option 2**
 **TheGateYork@cgl.org.uk**

The Recovery Hub

A peer-led **Lived Experience Recovery Organisation** run by people with direct experience of addiction and recovery. They offer a safe, non-judgemental space where people at all stages of recovery can connect, access peer support, and strengthen their recovery through inclusive, community-based groups and activities. Run by **York in Recovery**.

For details of activities, see the website.

Normal opening times are:

- **Mon, Tue, Wed & Fri: 9am–5pm**
- **Thursday: 9am–12.30pm**

 **07724 312084**
 **admin@yorkinrecovery.org.uk**
 **www.yorkinrecovery.org.uk**




York Alcohol Forum

Offers weekly face to face **Smart Recovery** meetings. Anyone dealing with addiction in York is welcome, just contact Claire.

 **07773 363166**

Drink Drug Hub

The **Drink Drug Hub** website (run by **North Yorkshire Council**) provides information about drink and drugs to help young people and adults to make better informed decisions. They also offer a range of free training sessions.

 **0800 014 1480**
 **drinkdrughub@nyhorizons.org.uk**
 **www.drinkdrughub.co.uk**

Alcoholics Anonymous

At **AA** alcoholics help each other by sharing experiences, strengths and hopes, supporting the recovery and continued sobriety of individuals.

 **Helpline: 0800 917 7650 Free**
 **help@aamail.org**
 **www.alcoholics-anonymous.org.uk**
 **Live chat on website**

Drink Aware

Learn and be aware about the effects that alcohol can have on your life. They also run a free, confidential helpline for anyone who is concerned about their drinking, or someone else’s.

 **Drinkline: 0300 123 1110 Monday to Friday**
9am–8pm, weekends 11am–4pm
 **www.drinkaware.co.uk**

Narcotics Anonymous

A fellowship of addicts who meet together and online to share experiences and support.

 **Helpline: 0300 999 1212 10am – midnight**
 **www.ukna.org**

Cocaine Anonymous

 **cayork.york@gmail.com**

Substance addiction and recovery cont →

Talk to Frank

Friendly and confidential advice about drugs.

-  **24/7 Helpline: 0300 123 6600**
-  **Text Frank to 82111**
-  **www.talktofrank.com** **Live chat via website 2-6pm every day**

We Are With You

Free online, confidential support with alcohol, drugs or mental health for you or someone you are worried about.

-  **www.wearewithyou.org.uk**

Help for families and carers

Adfam

Provides support to adult family members, friends and carers of those with substance use disorders. Referral form for local support on website.

-  **admin@adfam.org.uk**
-  **www.adfam.org.uk**

National Association for Children of Alcoholics (NACOA)

Free confidential helpline for everyone affected by a parent's drinking.

-  **0800 358 3456** **Calls will not appear on a landline bill**
-  **helpline@nacoa.org.uk**
-  **nacoa.org.uk**

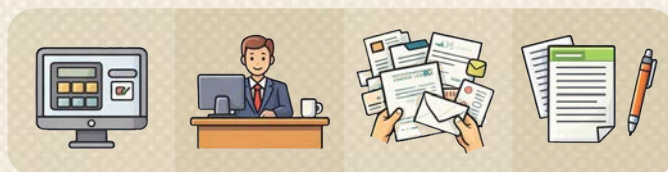
Al-Anon Family Groups

Support to anyone whose life is, or has been, affected by someone else's drinking, regardless of whether that person is still drinking or not.

-  **Helpline: 0800 008 6811**
10am-10pm, 365 days per year
-  **www.al-anonuk.org.uk**

York Carers Centre

See page 10 for more information on York Carers Centre and other support services.




Benefit Advice

Citizens Advice York

Free advice on a wide variety of issues including benefits, money advice, employment, immigration, homelessness, housing, relationships and other legal issues.

Webchat service and email advice request form available via website.

-  **Advice phone line: 0808 278 7895**
Monday to Thursday, 10am-4pm

-  **Drop-in sessions: West Offices, Station Rise, YO1 6GA, every Monday and Thursday morning, 10am-12noon**

Outreach advice services: There are a number of outreach advice projects serving various local communities and groups throughout York. See the website for more information.

-  **www.citizensadviceyork.org.uk**

City of York Council Benefits Advice

Information and advice on welfare benefits and tax credits. Find out what you're entitled to and get help completing forms.

-  **01904 552044** **Mon to Fri 10am-4pm**
-  **benefitscontributions@york.gov.uk**

More info on the council website:

-  **www.york.gov.uk/benefitsadvice**
-  **Free benefit checkers:**
www.gov.uk/benefits-calculators

Older Citizens Advocacy, York - OCAY

Advice and information: benefits, money, community care, housing and other issues for people age 50 or over.

-  **01904 676200**
-  **info@ocay.org.uk**
-  **www.oldercitizensadvocacyyork.org.uk**

Bereavement

Bereaved Children Support in York

Working with children to help them with the grieving process and to reduce the impact on them. It also offers parents and carers a chance to meet, as a network of support.

 **Drop-in sessions: first Saturday of the month 2-4pm at Oaken Grove Community Centre, Reid Park, Haxby YO32 3QW**

 **info.bcsy@gmail.com**
 **www.bcsy.org.uk**

Bereavement Support at St Leonard's

Support for recently bereaved adults in York who have had a relative or friend cared for by the Hospice. Also offer a range of resources to help families support children with their grief.

If you are an adult who has been bereaved in the past year with no connection to the hospice, you can access the 'Living with Grief' programme. See website for details.

 **01904 77760 Monday to Friday 8am-4pm, to self-refer for ongoing support**
 **www.stleonardshospice.org.uk/grief**

York Bereavement Alliance

York Bereavement Alliance is a city-wide network connecting people in York with local and national bereavement support services. It provides directories of information to help adults, families, and young people find appropriate guidance and resources including:

- Local bereavement support
- Bereavement advice and practical support
- Support for children and young people
- Helplines and online support
- Support when grieving for a pet
- Specialist bereavement services

 **www.stleonardshospice.org.uk/york-bereavement-alliance**
 **Phone or text for advice on: 07741 734659**
Messages checked Monday to Thursday 12pm to 2pm, except bank holidays

CRUSE Bereavement Care

Give support after the death of someone close. They offer information and support for adults, children and young people. National helpline available.

 **York Cruse: 01904 481162**
 **york@cruse.org.uk**
 **www.cruse.org.uk**

 **National helpline: 0808 808 1677**

National helpline opening times:

- **Monday, Wednesday, Thursday and Friday: 9.30am-5pm**
- **Tuesday: 1pm-8pm**
- **Saturday and Sunday: closed**

Child Death Helpline

A freephone service for all those affected by the death of a child. Open every day of the year.

 **Freephone: 0800 282 986**
• **Monday to Friday 10am-1pm**
• **Monday to Sunday: 7pm-10pm**
 **www.childdeathhelpline.org.uk**

The Compassionate Friends

Peer support for bereaved parents, adult siblings, grandparents and others, who have suffered the death of a child.

 **Helpline: 0345 123 2304 Open every day 10am - 4pm and 7pm - 10pm**
 **helpline@tcf.org.uk**
 **www.tcf.org.uk**

Major Incident Response Team (MIRT)

A group of trained volunteers who offer their time to help with emotional and practical support to people affected by a range of traumatic or life-changing incidents.

 **mirt@northyorks.gov.uk**
 **www.york.gov.uk/MIRT**

Bereavement continues →

Survivors of Bereavement by Suicide (SOBS)

Works to reduce the isolation of people who have lost someone to suicide. They have support groups of people who have all experienced and are dealing with bereavement by suicide.

York SOBS holds meetings on the **third Wednesday of every month 7pm–8.30pm.**

 **Local number for info on York SOBS:**
07932 542672

 **york@uksobs.org**

 **National Supportline: 0300 1115065**

Caring and supporting

Adult Social Care Community Team (City of York Council)

If you think you or someone you care for needs some extra support, contact them for an Adult Social Care Assessment

 **01904 555111 Monday to Friday, 9am–5pm**

 **Textphone: 07534 437804**

 **If there is an emergency call the out of hours Emergency Duty Team: 0300 1312131**

 **adult.socialsupport@york.gov.uk**

 **www.york.gov.uk/GetAdultSocialCare**

York Carers Centre

Provides support for unpaid carers in York. There are specific services for young carers (aged 5 to 18), young adult carers (18 to 25) and adult carers.

Offers a range of free support and advice to carers, tailored to the individual and their own caring situation, such as:

- 1 to 1 support and advice
- Groups, hubs and social events
- A Carer's Emergency Card
- Carers' Assessments of Need
- Discounts at businesses in York
- Regular newsletters
- Help filling in forms
- Benefits advice

- The opportunity for carers to have their voice heard by decision makers
- Information and advice service for carers' benefits
- Carers counselling service


 **01904 715490**

 **enquiries@yorkcarerscentre.co.uk**

 **www.yorkcarerscentre.co.uk**

York Carers Centre: Mental Health Carers Group

Group runs in partnership with *Rethink Mental Health Illness York*. Monthly meetings where some sessions are focused on sharing support, and others are discussions led by visiting speakers. New members are always welcome.

 **Second Wednesday of each month from 7 to 9pm at the Friends Meeting House, Friargate, York YO1 9RL**

 **www.yorkcarerscentre.co.uk/adult-carers/caring-for-someone-with-mental-ill-health**

York Carers Centre: Wellbeing Group for Mental Health Carers

A welcoming and relaxed group for people who support someone with a mental health condition, including caring for someone in crisis, or someone admitted to, or discharged from, Foss Park Hospital.

This group offers a time to focus on wellbeing, chat to others with similar experiences and join in gentle activities.

 **Last Tuesday of each month from 6.15pm–8pm at 30 Clarence Street, York YO31 7EW**

 **www.yorkcarerscentre.co.uk/adult-carers/caring-for-someone-with-mental-ill-health**

Young Carers Revolution (YCR)

YCR is an online forum for young carers within the City of York.

 **enquiries@yorkcarerscentre.co.uk**

 **www.ycryorkuk.wordpress.com**

Children & young people

For neurodiversity wellbeing support for children and young people, see page 23.

York CAMHS (Child and Adolescent Mental Health Service)

When a child or young person's mental health begins to impact their everyday life, the CAMHS team can support, help and advise.

 **Orca House, Link Road Court, Osbaldwick, York, YO10 3JB**
 **01904 420950**
 www.tevv.nhs.uk/locations/orca-house

 **General enquiries:** tevv.orcahouse@nhs.net

 **New referrals:** TEVV.NorthYorkshireCamhsreferrals@nhs.net


Childline

A free, private and confidential service where you can talk about anything 24/7.

 **Helpline: 0800 1111**
 **1-2-1 web chat:** www.childline.org.uk

The Island

Provides mentoring services for vulnerable children and young people in York, giving them the chance to fulfil their potential.

 **01904 628449** or  **07595 695559**
 **enquiries@theislandyork.org**
 **www.theislandyork.org**

The Land Haxby

Supports autistic children, young adults and their families in a natural environment.

 **info@theland.org.uk**
 **Facebook:** [@the.land.haxby](https://www.facebook.com/@the.land.haxby)
 **www.theland.org.uk**

The Mix

Service for young people aged up to 25 years old. Online discussion boards, support groups, counselling and urgent support by text. Help you

take on any challenge you're facing – from mental health to money, homelessness to finding a job.

 **24/7 text helpline: Text THEMIX to 85258**
 **www.themix.org.uk**

Raise York

A website full of information and advice for children, young people and families in York.

 **01904 554444 Mon - Fri 10am-4pm**
 **Text telephone: 07786 202241**
 **fis@york.gov.uk**
 **www.raiseyork.co.uk**

The Retreat

Therapeutic support for children and young people experiencing a range of difficulties. See website for prices.

 **01904 412551**
 **www.theretreatyork.org.uk**




SASH

Helps young people in York, aged 16-25 who are facing homelessness.

 **03300 562259**
 **www.sash-uk.org.uk**

SEND Hub

Hub for children and young people with Special Educational Needs and Disabilities (SEND). Open to families across the city for information, advice and support on all aspects of SEND.

 **Based at: Clifton Green Primary School, Water Lane, York, YO30 6JA.**
 **01904 555076**
 **sendcentral@york.gov.uk**

Stem4

Digital mental health charity supporting children and young people with a suite of mental health apps. Apps include *Calm Harm*, *Calm Fear*, *Move Mood*, *Combined Minds* and *Worth Warrior*.

 **www.stem4.org.uk**

Children & young people continues →

Youth groups in York

Choose 2 Youth

Provides a wide range of activities and opportunities for disabled young people in York and North Yorkshire.

☎ **01904 709615**
📞 **07933 115448**
✉ **office@choose2youth.co.uk**
🌐 **www.choose2youth.co.uk**

Door 84

A Youth Club providing activities and creating a community for young people aged 8 – 17.

☎ **01904 623177**
✉ **info@door84.org.uk**
🌐 **www.door84.org.uk**

RAY's Youth Club & Sports Club

Refugee Action York (RAY) runs a youth club and a sports club (alternate weeks) for secondary school age young people from refugee, asylum seeker and migrant backgrounds.

📞 **07510 544692**
✉ **info@refugeeactionyork.com**
🌐 **www.refugeeactionyork.org/4-corners**

Snappy

Working to empower disabled children and young people.

☎ **07710 282269**
✉ **office@thesnappytrust.org**
🌐 **www.thesnappytrust.org**

Are you a young person (aged 8–25 years) and care for someone else?



See page 10 for more information on York Carers Centre and other services that support Carers.

Young People's Service at York Mind

Offers services for young people who may be experiencing difficulties with their emotional wellbeing and mental health. **See page 31.**

Yormind & Chat Chit

The website *Yormind* and the podcast *Chat Chit* were created specifically so young people and those who support them know where and how to access mental health support in York.

🌐 **www.yormind.org.uk**
🌐 **https://chatchit.buzzsprout.com**

Young Minds

Charity fighting for better mental health support for young people.

📞 **Text YM to 85258 Open 24/7**
☎ **Parents' Free Helpline: 0808 802 5544**
• **Mon, Thu & Fri 9.30am–4pm**
• **Tuesdays and Wednesdays 9.30am–6pm**
🌐 **www.youngminds.org.uk,**

Community cafés & Foodbanks



Community cafés and Foodbanks are a lifeline to many. Throughout the week there are foodbanks and community cafés open every day in different parts of the city.

Community Cafés offer meals and often food support on a pay as you feel basis. These cafés intercept and redistribute surplus food to provide easy access to local support and reduce food waste.

For details see the Live Well York website:

🌐 **www.livewellyork.co.uk**

If you are really struggling to afford food, speak to *Citizens Advice York* about accessing the Foodbank. Foodbanks work on a system of referrals, Citizens Advice York and other care professionals can provide vouchers to access support.

🌐 **https://york.foodbank.org.uk**

Community support groups

York has lots of community support groups. They are a great way to meet new people and to tackle loneliness and isolation. This section has a few of the groups York has to offer. For more information visit: www.livewell.co.uk.

Andy's Man Club

Peer support groups for men over 18 going through storms in their lives, every **Monday at 7pm excluding bank holidays**.

 **Clifton Explore, Rawcliffe Drive, YO30 6NS**
 **Wentworth College, Biology R Block, University of York, Heslington, YO10 5DD**
 info@andysmanclub.co.uk
 www.andysmanclub.co.uk

The Hut




Activities for people with enduring mental ill health and/or learning disabilities.

 **The Hut, Wigginton Road, YO31 8HG**
 **01904 652991**
 info@thehutyork.co.uk
 www.thehutyork.co.uk

Kyra Women's Project

Helps local women make positive and lasting change in their lives. A range of courses, therapies, life skills and events for women – details on their website.

 **Central Methodist Church, St.Saviourgate, York, YO1 8NQ**

 **01904 632332**
 contact@kyra.org.uk
 www.kyra.org.uk

Menfulness

Social community for men in York. They bring men together to socialise, exercise, talk and let off steam in a non-judging, friendly and supportive environment. See the website for details.

 hello@menfulness.org
 www.menfulness.org

Poppleton Community Railway Nursery

Run by volunteers for adults who are recovering from mental ill health. Learn horticultural skills, gain confidence and make new friends.

 **Poppleton Community Railway Nursery, Station Rd, YO26 6QA**

 pcrn.info@yahoo.co.uk
 **01904 797623 / 07800 501382**
 www.poppletonrailwaynursery.co.uk

Tool Box


Inclusive activities for people with additional needs. Sensory drama, music and singing programmes, outreach workshops, holiday events and afterschool clubs.

 info@toolboxdrama.co.uk
 Toolboxdrama.co.uk

York Men's Shed

A place where men can gather to work on projects, socialise and meet new people.

 **The Wardens Hut, Corner of Alcuin and Flaxman Ave, Hull Road Park, YO10 3TW**

 **07725 183456**
 yorkmensshed@outlook.com
 www.yorkmensshed.co.uk

York Mind

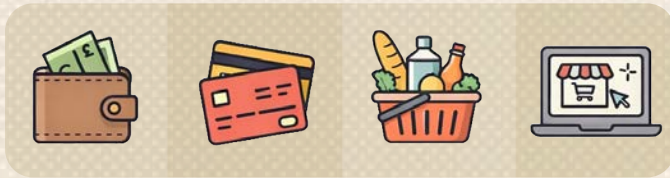
Offers 1 to 1 and group-based support. Services are confidential and shaped to fit each person's needs, wherever possible. **See page 31.**

York Women's Wellness Centre

An inclusive and supportive service that provides holistic, trauma-informed pathways for women. Many women using the centre have experiences of complex trauma, criminal justice involvement and feel excluded.

Self-refer by phone or drop-in on Monday mornings or Thursday afternoons.

 **01904 526259**
 yorkwomenscentre@changing-lives.org.uk
 www.changing-lives.org.uk/find-support/womens-wellness-centre



Debt and finances

Christians Against Poverty (CAP)

Debt advice. They will meet you to work out a realistic budget, as well as negotiating affordable payments with creditors.

The York CAP Debt Help Centre is run in partnership with *Gateway Church, York*.

☎ **0800 328 0006**

🌐 www.capuk.org

Money Helper

Free, unbiased and independent, they help you manage your money.

- Advice and guides to help improve your finances
- Tools to help keep track and plan ahead
- Support over the phone and online

☎ **0800 138 0555 Monday to Friday 8am-6pm. Closed bank holidays**

💬 **WhatsApp message: 07701 342744**

🌐 <https://www.moneyhelper.org.uk/en>

National Debtline

Free and confidential debt advice service to help you tackle your debts. Visit their website for their online webchat.

☎ **Freephone: 0808 808 4000**

• **Monday to Friday 9am - 8pm**

• **Saturday 9.30am - 1pm**

🌐 www.nationaldebtline.org

Live webchat available

Raise York – Finance and housing

Help and guidance for all your financial and housing needs. Comprehensive information if you are struggling financially or would just like to know what help is available.

🌐 www.raiseyork.co.uk/finance-housing

Society of Later Life Advisers (SOLLA)

Financial advice for older people and their families.

☎ **0333 202 0454**

🌐 www.societyoflaterlifeadvisers.co.uk

✉ admin@societyoflaterlifeadvisers.co.uk

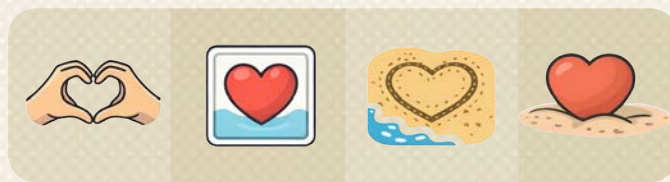
Step Change

Helps people in the UK deal with their debt problems and get their lives back on track.

☎ **0800 138 1111 • Monday to Friday 8am-8pm**

• **Saturday 9am-2pm**

🌐 www.stepchange.org



Eating disorders

If you are concerned about yourself or someone else, visit www.nhs.uk for eating disorder information.

Beat Eating Disorders

Advice, support and information for those concerned with any eating disorder including anorexia nervosa, bulimia nervosa, binge eating disorder and compulsive overeating.

Support available by phone, email, webchat through the website or social media accounts and by letter.

☎ **Helpline: 0808 801 0677 Open Monday to Friday 3pm-8pm**

✉ help@beateatingdisorders.org.uk

🌐 www.beateatingdisorders.org.uk

Children and Young People's Community Eating Disorders Team

NHS specialist team for young people with eating disorders (based at Orca House). **See page 11.**

☎ **01904 615300**

🌐 www.tevv.nhs.uk/services/community-eating-disorder-young-north-yorkshire

Gambling

Gamblers Anonymous UK

A group of people who work together to do something about their own gambling problem and to help other gamblers do the same. Visit their website to find information on local support meetings.

www.gamblersanonymous.org.uk

GamCare

Provides free information, advice and support for anyone affected by problem gambling. Complete a referral form online or phone.

☎ 0113 388 6466

☎ National 24/7 Advice line: 0808 802 0133

www.gamcare.org.uk

Northern Gambling Service

Specialist addiction support and treatment for people affected by gambling addiction, as well as those with co-occurring needs related to debt, mental ill health, neurodivergence, relationships or criminal justice.

☎ 0300 300 1490

✉ referral.ngs@nhs.net

www.leedsandyorkpft.nhs.uk/our-services/northern-gambling-service



General wellbeing

CYC Health Trainers

City of York Council's Health Trainers service is all about helping people live a happier and healthier life. They support you with making better lifestyle choices such as healthy eating, exercise, alcohol and smoking. They:

- provide advice and support on health issues
- encourage positive lifestyle and behaviour changes
- improve your health and wellbeing

- reduce health inequalities
- give stop smoking advice
- raise and provide alcohol awareness
- help with weight management
- help promote and support physical activity
- support people who are feeling socially isolated

If you live in York, are over 16 and want to make a health or lifestyle change, use the online referral form to make a referral or to book an appointment with a member of the team:

www.york.gov.uk/form/HealthTrainers

☎ 01904 553377

✉ cychhealthtrainers@york.gov.uk

www.york.gov.uk/CYHealthTrainers

Get Cycling

Promotes cycling for health and happiness, with bikes for all abilities.

☎ 01904 636812

✉ admin@getcycling.org.uk

www.getcycling.org.uk

Health Walks

Free, regular, guided walks from various venues across the city. Walks range from 30 mins to 2 hours. A great way to maintain or build up fitness and a great way to socialise. Find out more information on their Facebook page.

☎ 07983 945869

✉ Yorkhealthwalks@gmail.com

jennynich53@gmail.com

www.york.gov.uk/HealthWalks

Facebook: [@yorkhealthwalks](https://www.facebook.com/yorkhealthwalks)

Live Well York

An information and advice community website for adults and families which includes health and wellbeing support in York.

www.livewellyork.co.uk

General wellbeing continues →

Move Mates

Wellbeing through movement. Group Wellbeing Walks and 1 to 1 walking buddy project.

☎ 01904 373017
✉ york@movemates.org.uk
🌐 www.movemates.org.uk

North Yorkshire Sport

A charity offering physical activities to improve quality of life and help people live more healthily.

☎ 01423 637650
✉ info@northyorkshiresport.co.uk
🌐 www.northyorkshiresport.co.uk/what-we-do

The Northern Centre for Mindfulness and Compassion

Offers a range of courses and events based on mindfulness meditation.

✉ relax@yorkmbsr.co.uk
🌐 www.yorkmbsr.co.uk



Green wellbeing

The Conservation Volunteers (TCV)

A great way to learn new skills, make new friends and enjoy being outdoors whilst carrying out practical work to help improve places for people and the environment.

☎ 01904 414927
✉ york@tcv.org.uk
🌐 www.tcv.org.uk/yorkshire/tcv-york

St Nicks

St Nicks is the green heart of York, based at St Nicks Environment Centre hidden behind residential properties in the Tang Hall area.

They have a thriving 24-acre nature reserve that is free to explore 24 hours a day 365 days a year. The volunteer team help maintain and manage the reserve for the benefit of people and wildlife.

Other St Nicks Projects:

- **The Nature Based Wellbeing Team** runs youth education and adult wellbeing support services, with regular and seasonal groups which promote wellbeing by building connections with nature and the outdoors.
- **The Green Corridors Team** strives for “bigger, better and more joined up” green spaces – conserving nature whilst supporting our communities.
- **The Waste & Sustainability Team** collects recycling, carries out waste audits and runs events across the city. Together the teams work to make York a more sustainable city.

☎ 01904 411821
✉ info@stnicks.org.uk
🌐 www.stnicks.org.uk

📍 **St Nicks Environment Centre, Rawdon Avenue, York, YO10 3FW**

Hearing voices, psychosis, having visions & unusual beliefs

If you are concerned about yourself or someone else, visit www.nhs.uk for information on hallucinations and hearing voices.

York Hearing Voices Group

Support group for a friendly, confidential and non-judgemental chat about voice hearing. The group provides a safe environment to share experiences and provide mutual support. It is not therapy or treatment and there is no assumption of illness. Please email in advance.

📍 **Every Monday 11.15am - 12.45pm at The Hubble, Clarence Gardens, Wigginton Road, York YO31 8HG**




✉ tt@amitola-communities.co.uk

There is also a national Hearing Voices Network:

🌐 www.hearing-voices.org

York and Selby Early Intervention in Psychosis Service (TEWV)

A community based service for people aged 14-65 who may be having experiences such as seeing or hearing things that other people do not or having unusual scary and distressing thoughts that they can't control. These experiences may sometimes be referred to as psychosis.

 **01904 464850**
 **tewv.yorkeip@nhs.net**
 **www.tewv.nhs.uk/services/early-intervention-in-psychosis-service-for-young-people-and-adults**

Voice Collective

UK-wide, London-based project that supports children and young people who hear voices, see visions, have other unusual sensory experiences or beliefs. Also offers support for parents/families and professionals.

 **0207 911 0822**
 **info@voicecollective.co.uk**
 **www.voicecollective.co.uk**



Housing & homelessness

CYC Housing Options

Gives access to general needs, emergency/hostel accommodation and offers advice and information if you're at risk of homelessness.

 **01904 554500 Monday to Friday: 9.30am to 12pm and 2pm to 5pm**
 **housing.options@york.gov.uk**
 **www.york.gov.uk/HousingOptions**




Emergency Duty Team for homelessness enquiries outside normal office hours and on bank holidays:

 **0300 131 2131**
 **edt@northyorks.gov.uk**

CYC Youth Homelessness Support

Offers support to young people aged 16 to 17 who are homeless or at risk of homelessness.

 **West Offices, Station Rd**
Monday-Friday 8.30am-5pm

 **07891 853498 or 07733 290597**
 **lexi.phillips@york.gov.uk or fiona.wellard@york.gov.uk**
 **www.york.gov.uk/homelessness/youth-homelessness-support**


 **After 5pm and at weekends or bank holidays, you can contact the Emergency Duty Team: 0300 131 2131**

Carecent

Breakfast centre for all homeless, unemployed or otherwise socially excluded members of our community.



- **Breakfast: Mon - Sat: 8.30am-10.45am**
- **Thursday afternoons: 1pm-3pm**

 **Central Methodist Church, St Saviourgate, York, YO1 8NQ**

 **01904 624244**
 **admin@carecent.org.uk**
 **www.carecent.org.uk**

Peasholme Charity

Works with disadvantaged and socially excluded people in York, in particular those that are homeless or at risk of losing their homes. Runs various projects, from helping people with financial difficulties to running Homelessness Hubs.

 **01904 466866**
 **info@peasholmecharity.org.uk**
 **www.peasholmecharity.org.uk**

Raise York

Family Hub Network website with broad ranging information including local housing.

 **www.raiseyork.co.uk/finance-housing**

Housing & homelessness continues →

York Women's Accommodation

Two properties providing holistic housing and support services for women experiencing homelessness and multiple unmet needs including domestic abuse, substance use, exploitation and offending behaviour.

Referrals through the City of York Single Point of Access form on their website.

www.york.gov.uk/homelessness/hostels-supported-housing#sap



Intercultural York

Refugee Action York (RAY)

Challenges misconceptions about refugees and asylum seekers. Runs hubs, coffee mornings and youth groups supporting refugees and asylum seekers in York and provides emotional and practical support, and access to information, support services and language classes.

☎ 07510 544692
✉ info@refugeeactionyork.com
🌐 www.refugeeactionyork.org

Shared York CIC

Seeks to connect people in York through culture, creativity, and wellbeing to reduce loneliness and strengthen community connection.

✉ info@sharedyork.org
🌐 www.sharedyork.org

Sunflowers in York

The *Sunflowers Kids Club* helps Ukrainian refugee children and families to settle and thrive in York by providing emotional health and wellbeing activities and integration support. Contact through the website.

📍 **The Club is held at: The Citadel,
Gillygate, York, YO31 7EA**
🌐 www.sunflowersinyork.org

York Interfaith Group

People of different faiths and religious backgrounds working together to promote mutual respect and understanding between faith communities.

📍 **City of York Council, West Offices, Station Rise, York, YO1 6GA on the first Tuesday of each month from 7-9pm. All welcome.**

✉ yorkinterfaithgroup@gmail.com
🌐 www.yorkinterfaith.org

York Mosque Community Kitchen

Held at *York Mosque and Islamic Centre*, every other Thursday. Provides meals prepared by volunteer chefs and local businesses who wish to give back to the local community.

Open to all, they especially welcome refugees, the lonely, vulnerable, elderly or anyone looking for somewhere to get a delicious home cooked meal in a safe and friendly no frills setting.

📍 **York Mosque & Islamic Centre, Bull Lane (Off Lawrence Street), York, YO10 3EN**
Every other Thursday 12noon-1.30pm

✉ contact@yorkmosque.com
🌐 www.yorkmosque.com

York Travellers Trust

A community led organisation that works with Gypsy and Traveller communities in York and surrounding areas. They give advice and guidance around benefits and healthcare and run social clubs and activities.

- **Open Living Room and Market: Monday, Tuesday & Wednesday 10.30am-1.30pm**
- **Community Food Share: Mon 10.30am-1.30pm**

☎ **Phoneline: 01904 630526**
Monday to Thursday 9.30am-3pm
🌐 www.ytt.org.uk

York Ukrainian Society

A Facebook page for Ukrainians living and working in York and nearby. They offer support, information and advice, and celebrate Ukrainian culture, language, art and traditions.

📱 **Facebook: @YorkUkrainianSociety**

GeneraTe

A transgender adult peer support and social group in York. Groups run weekly online and monthly in-person. Also provide facilitated support for parents and partners of transgender people of any age.

📞 07700 166007
✉️ info@generateuk.org
🌐 www.generateuk.org

Over the Rainbow Café

LGBTQ+ community café and sober space, above the Portal Bookshop (selling LGBTQ+ books). Offers a neurodivergent friendly, queer space for York and the surrounding areas and hosts regular events, see website for details.

📍 **First Floor, 5 Patrick Pool, York, YO1 8BB**
Open: Monday to Sunday 11am - 5.30pm

✉️ otrcafeYork@gmail.com
🌐 <https://otrcafeYork.wixsite.com/over-the-rainbow>

Pride in Mind – York Mind Young People’s Service LGBTQ+ group

Provides support to young people aged 12-18 years who identify as LGBTQ+ and are experiencing mental health challenges. Completing the referral form for this project is necessary, the link is on the website.

📍 **York Mind, Highcliffe House, Highcliffe Court, Clifton, York, YO30 6BP**
Thursdays 4.30pm-6.30pm

✉️ sam.armstrong@yorkmind.org.uk
🌐 www.yorkmind.org.uk/mental-health-services/pride-in-mind

Quiet Pride

Annual Quiet Pride to celebrate being LGBTQ+. It aims to be as accessible and inclusive as possible. Includes a range of creative workshops and talks, with a quiet room available.

🌐 www.quietpride.co.uk

Switchboard

A safe space for anyone to discuss anything, including sexuality, gender identity and sexual health. Instant messaging through the website.

📞 **Helpline: 0800 011 9100**
✉️ hello@switchboard.lgbt
🌐 www.switchboard.lgbt

York LGBT Forum

Supports and runs social groups for LGBTQ+ communities in York. Promotes, supports and encourages equality, diversity and social inclusion for everyone.

✉️ enquiry@yorklgbtforum.org
🌐 www.yorklgbtforum.org.uk

YorSexualHealth LGBT Services

Offers warm, inclusive, and gender affirming sexual healthcare for all those living in York and North Yorkshire.

🌐 www.yorsexualhealth.org.uk/our-services/lgbt





Learning, employment and volunteering

Converge: Education for Recovery

Provides courses for adults who use mental health services. Includes how to develop skills in a supportive educational environment, with the freedom to be creative, be challenged and discover new abilities.

Some online courses, and courses by post through the Converge Connected programme.

 **York St John University, Lord Mayor's Walk, York, YO31 7EX**

 **07764 337116**
 **converge@yorksja.ac.uk**
 **www.yorksja.ac.uk/converge**

Explore York Libraries

Explore libraries and reading spaces, with a variety of free services including:

- Free to use computers and free wi-fi.
- Free newspapers, magazines and audio books through the Press Reader and Libby apps.
- Friendly, free digital support sessions. Absolute beginners welcome.
- Help with free connectivity and devices though 100% Digital York.
- Books to read and borrow for all ages.
- Toys free to borrow.
- A warm space in winter months.

 **01904 552828**
 **contact@exploreYork.org.uk**

Recovery College Online

Provides a range of online educational courses and resources to people with experience of mental illness. These are available to service users, family, friends and staff.

 **www.recoverycollegeonline.co.uk**

United Response

A charity that supports people with learning disabilities, autism and mental health needs, at home and in the community. Includes help with finding a job, education and local activities.

 **01904 791795**
 **YorkNY@unitedresponse.org.uk**
 **www.unitedresponse.org.uk**

Volunteer Centre, York CVS

Provides support and expertise to individuals and groups who are looking to volunteer as well as supporting organisations to find the right volunteers.

 **01904 621133**
 **volunteering@yorkcvs.org.uk**
 **www.yorkcvs.org.uk/volunteers**

York JobCentre Plus




Can help you claim Jobseeker's Allowance, Incapacity Benefit, Employment and Support Allowance and Income Support.

 **York Stonebow Jobcentre Plus, 11-17 Monkgate, York, YO31 7JZ**

 **0845 604 3719**
 **Text phone: 01904 682307**
 **www.jobcentreguide.co.uk/york-jobcentre**




York Learning

Offers courses and support for adults to expand learning and better their futures.

 **01904 554277**
 **york.learning@york.gov.uk**
 **https://yorklearning.org.uk**

York St John Communities Centre

Mental health, wellbeing, and community facing services, groups, and projects for communities within York and North Yorkshire.

 **01904 876072 6pm to 8pm on Mondays and Wednesdays**
 **ysjcc@yorksja.ac.uk**
 **www.yorksja.ac.uk/working-with-the-community/communities-centre**

Loss of Pregnancy and Infant Death

Bliss

Confidential advice via email or video call. Information and support for the families of premature and sick babies.

 hello@bliss.org.uk

 www.bliss.org.uk

The Lullaby Trust

Provides specialist support for bereaved families and anyone affected by a **sudden infant death (SIDS)**. Also provides advice on safer sleep for babies, to raise awareness of SIDS.

The bereavement support helpline is open 10am to 2pm from Monday to Friday and 6pm to 10pm on weekends and public holidays.

 **0808 802 6868**

 support@lullabytrust.org.uk

 www.lullabytrust.org.uk

Reflect

Free, local support service for anyone facing a pregnancy choice and for those in need of support after experiencing pregnancy or neonatal loss.

 **01904 676710**

 **Text: 07517 624750**

 enquiry@reflectyork.co.uk

 www.reflectyork.co.uk

Sands

Ensures that anyone affected by the death of a baby receives the best possible care and support for as long as they need it. Offers emotional support and information for parents, grandparents, children, families and anyone else affected.

The Helpline is open Monday to Friday 10am to 3pm and Tuesday, Wednesday and Thursday evenings 6pm to 9pm.

 **Helpline: 0808 164 3332**

 helpline@sands.org.uk

 www.sands.org.uk

Tommy's

Providing support for people no matter where they may be on their pregnancy journey or after a pregnancy loss.

 www.tommys.org

Menopause Support

Feelgood Menopause

Runs '*Let's walk and talk in York*', a monthly walk and natter about anything menopause. All welcome. Run by Kirsty Dixon

Menopause Café York

Monthly gatherings to eat cake, drink tea and discuss menopause with guest speakers. Run by Kirsty Dixon

 **07871 183939**

 kirstydixon67@gmail.com

Menopause Matters

Website offering information about the menopause, menopausal symptoms and treatment options.

 www.menopausematters.co.uk

Peppy Menopause App

App based support to stay well in work for anyone experiencing the menopause.

The service offers users two one-hour virtual 1 to 1 consultations with a qualified specialist menopause nurse prescriber and access to other features, including:

- **A large library of guidance, videos, articles, and courses**
- **Group chat and support**
- **Chat with menopause nurses**
- **Regular webinars**

Self-refer through the website.

 hnyicb-nel.goodwork@nhs.net

 www.humberandnorthyorkshire.org.uk/good-work-healthy-people-home

Music wellbeing

Accessible Arts and Media

Runs accessible arts and creative media learning projects. Projects include:

- **Hands and Voices Choir** - inclusive singing and signing choir.
- **IMPS** – inclusive music activities for disabled and non-disabled children and young people.
- **iMuse**
- **Creative Sensory Activities**
- **Movers and shakers** - sensory-based creative activities, specially designed for adults with profound and multiple learning disabilities.

📞 01904 626965
✉ info@aamedia.org.uk
🌐 www.aamedia.org.uk

All Seasons Orchestra

A friendly community orchestra set up to provide opportunities for amateur musicians in York and the surrounding area to play together. No auditions, everyone welcome.

📍 **The Centre@Burnholme, Mossdale Avenue, York YO31 0HA**
Thursdays 7.15pm-9pm

🌐 www.allseasonsorchestra.org.uk



Live Well York

Visit the *Live Well York* website to find out more information about local choirs and music groups:

🌐 www.livewellyork.co.uk

Musical Connections

Runs music sessions and projects for older, isolated and vulnerable people in care and community settings across York. Provides free transport for anyone who needs it.

📞 01904 373011
🌐 www.musicalconnections.org.uk

National Centre for Early Music: Cuppa and a Chorus

Monthly gathering to sing as part of relaxed choir, and enjoy a cuppa with other choir members.

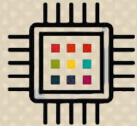
🌐 www.ncem.co.uk/cuppa-chorus

Tang Hall SMART

Offers creative and personalised learning programmes for young people with an Educational Health Care Plan (EHCP) as well as creative clubs, classes and programmes for people who have struggled with mental ill health, homelessness and/or addiction. They also work with adults who have additional needs.

Programmes include music, dance and drama.

📍 **The Centre@Burnholme, Mossdale Avenue, YO31 0HA**
📞 07725 997342 or 07401 334674
✉ holly@tanghallsmart.com
🌐 www.tanghallsmart.com



Neurodiversity wellbeing support

ADHD and you

Large range of resources about ADHD for adults, young people, parents and educators.

www.adhdandyou.co.uk

ADDitude

Guidance and support for living better with ADHD and its related mental health conditions.

www.additudemag.com

Ambitious about Autism

Offers a range of services to empower and support autistic young people. They work with autistic young people, their families, employers and professionals to increase autism confidence and create opportunities.

info@ambitiousaboutautism.org.uk

www.ambitiousaboutautism.org.uk

Autism Central

The *National Peer Education Programme* for families and support networks of autistic people of all ages in England. The programme is delivered by Anna Freud and commissioned by NHS England.

Offers families education, coaching, and connection through resources, one-to-one peer support, and community events.

www.autismcentral.org.uk

Autistic Girls Network

A charity working to support, educate, and bring change. The website contains resources for individuals, families and professionals about autistic girls and gender diversity among autistic people.

www.autisticgirlsnetwork.org

Autistic Minds

Runs *HelpHub*, a national helpline providing support, information and guidance to autistic adults, parents of autistic children and professionals working with the autistic community.

www.autisticminds.org.uk

Daisy Chain Project

Hosts the *York Adult Peer Support Service* designed to support those age 18+ living in York who self-identify as autistic or having ADHD, have a diagnosis of autism or ADHD or are on the waiting list for an autism or ADHD assessment.

The service offers:

- Information and advice
- Peer support drop-in sessions
- Bookable 1 to 1 appointments
- A programme of psychoeducation designed to support individuals to understand themselves

[01642 531248](tel:01642531248) (option 2)

york.support@daisychainproject.co.uk

www.daisychainproject.co.uk/what-is-the-york-adult-peer-support-service-and-who-is-it-for

The Distractibles at University of York

Peer support group of staff and students who have shared experiences of struggling with different aspects of university life. Support for anyone who finds it hard to focus, whether neurodivergent or just easily distracted.

Online meetups: first Wednesday of each month, 12.30-1.30pm, drop-in and resources on the website including '*Distractibles Tips, Tricks and Strategies*'.

www.york.ac.uk/students/support/neurodiversity/distractibles

National Autistic Society

Information, advice and advocacy for autistic people and their families.

www.autism.org.uk

Neurodiversity wellbeing continues ▶

Neurodiverse York

Peer support group for all neurodivergent people who are self-identified, on the diagnosis pathway, or already diagnosed. Provide an ND friendly space to meet regularly, in-person and online. Connect on Facebook.

 www.facebook.com/groups/ndyork

Quaker Disability Equality Group Neurodivergent Friends

Meet monthly via Zoom. The meetings are an opportunity to explore experiences of being neurodivergent in a Quaker context.

You are welcome to bring your knitting, crochet, fiddle gadgets, pets etc and to be entirely yourselves. Email for the zoom link.

 ndffriends@gmail.com

 www.quakerdisabilitygroup.org.uk/nd-friends

Specialist Autism Services

Works exclusively for and with adults (18+) on the autism spectrum and their families since 1999. They provide autism specific services across the Yorkshire region.

 www.specialistautismservices.org/about

Spectrum

A parent-led children's charity providing events, sessions, and support for families of children with autism, additional needs, learning difficulties, and disabilities. Membership is free.

 **01223 955404**

 hello@spectrum.org.uk

 www.spectrum.org.uk

Spectrum First

A support organisation for autistic and ADHD students in further and higher education. They provide 1 to 1 mentoring and coaching for students and adults in the workplace. Contact form on website.

 **0114 303 5136**

 admin@spectrumfirst.co.uk

 www.spectrumfirst.org

Stride Yorkshire

Neurodiversity support service for neurodivergent adults, employers and families to help manage challenges at work and in everyday life through tailored employment support, coping strategy sessions and neurodiversity training.

 **01302 963109**

 www.strideyorkshire.co.uk/locations/york

Students With Autism and Neurodiversity at York St John (SWAN)

Free social support group for anyone who has autism or any other neurodiverse condition at York St John University.

Meets on Fridays 5.30-7.30pm for a range of activities from games to crafts to special interest PowerPoint nights.

 www.ysjsu.com/activities/view/swan

York Inspirational Kids – All About Autism Hub

Provides a range of social groups and childcare for children with autism. They aim to support children in growing their confidence and social skills whilst meeting other young people with autism.

 www.yiksaaa.org

York Disability Rights Forum – Neurodivergent Subgroup

Offers support and information to those seeking access to autism and ADHD assessments and treatment.

 www.ydrf.org.uk/nd-subgroup



Older people

Age UK York

Offers a wide range of services for older people in York to help them live better lives.

Information and advice, benefits and money advice, befriending services, carer respite service, day clubs, dementia support and advice, home from hospital support, keep your pet and more.

📞 **01904 634061 Mon-Fri, 9.30am-3pm**

✉️ firstcall@ageukyork.org.uk

🌐 www.ageuk.org.uk/york

York Neighbours

Supports people over the age of 65 living within the City of York in the following ways:

- Help with practical one-off jobs
- A regular phone call
- Individual and group outings

📞 **01904 891627**

✉️ enquiries@yorkneighbours.co.uk

🌐 www.yorkneighbours.org.uk

NHS Talking Therapies for Older People

Offer a range of treatments for people experiencing common mental health problems including depression, anxiety and stress. You can refer yourself to this service or you can ask your GP to refer you.

📞 **01904 556820**

✉️ tewv.yorkselbytalkingtherapies@nhs.net

🌐 www.yorkandselbytalkingtherapies.co.uk/older-people

Independent Age

A national charity focused on improving the lives of people facing financial hardship in later life. They provide clear, free and impartial advice on a range of issues including care, housing, money, mobility and more. They

publish a range of free advice guides and factsheets which you can download from the website or order a free copy to be sent to you.

📞 **Helpline: 0800 319 6789**

✉️ advice@independentage.org

🌐 www.independentage.org



Pregnancy Support

Tommy's Midwives Helpline

Non-urgent freephone service staffed by specialist midwives for anyone who needs advice or reassurance on:

- planning for pregnancy
- pregnancy
- any aspect of pregnancy loss, including mental health
- pregnancy after loss
- mental health before, during or after pregnancy.

📞 **0800 0147800 Monday to Friday 9am-5pm**

✉️ midwife@tommys.org

Tommy's Black and Black mixed-heritage helpline

A Black and Black mixed-heritage helpline run in partnership with **Five X More**. This is because Black and Black mixed-heritage women and birthing people have a higher risk of having pregnancy problems than other ethnicities.

The line is also staffed by midwives. They provide support on any pre-pregnancy or pregnancy concerns, including loss and pregnancy after loss.

Book a call through the Tommy's website:

🌐 www.tommys.org/pregnancy-information/about-tommys-pregnancy-information/video-call-service

Relationships and Families

Family Information Service (FIS)

Free and impartial service for parents and carers of children and young people aged 0-19 (or up to 25 for disabled children or those with additional needs) in York.

Information on parenting, childcare, reducing childcare costs, emotional health and wellbeing, finances, housing, support services and things to do.

 **01904 554444 Monday to Friday 10am-4pm**
 **Text: 07786 202241**
 **fis@york.gov.uk**
 **www.raiseyork.co.uk/york-family-information-service**

Family Matters York

Working to strengthen relationships and build confidence within families. Details and contact form on website.

 **info@fmy.org.uk**
 **www.fmy.org.uk**

The Healthy Child Service

The Healthy Child Service provides information, advice and support on a range of issues for babies, children, young people and families to help children and young people have the best start in life. Details on the Raise York website.

 **01904 555475**
 **www.raiseyork.co.uk/healthy-child-service**

Home Start York

Supports parents with at least one child under the age of six. Volunteers visit families in their own homes to offer support, friendship and practical help. Self-refer through the website.

 **07519 976946**
 **www.homestartyork.org**

Raise York

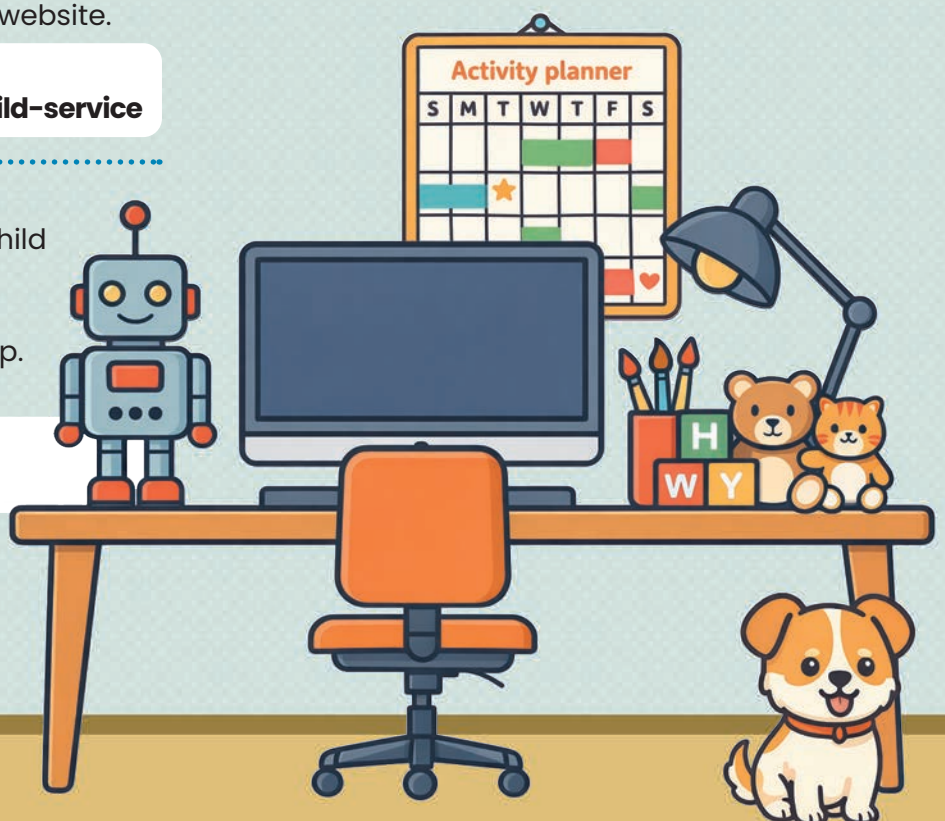
A website designed to support parents, carers, children, young people and families. It contains a wealth of information and is an excellent place to start if you are looking for information about:

- **Planning to have a baby**
- **Pregnancy**
- **Babies and young children**
- **Health and wellbeing**
- **Healthy eating**
- **Speech, language and communication**
- **Childcare**
- **Young people**
- **Finance and housing**
- **Education**

 **www.raiseyork.co.uk**

If you would like some help to find information, contact the **York Family Information Service** and an Information Officer will help you.

 **01904 554444**
 **Text telephone: 07786 202241**
 **fis@york.gov.uk**



Relationships and Families

Relate

A network of relationship counsellors and licensed local counsellors that provide face-to-face and online counselling and support. Services include counselling for relationships, family, children, young people, and therapy.

www.relate.org.uk

York Mumbler

A parenting community which shares information on things to do around York, and provides support and advice for local parents.

www.york.mumbler.co.uk
[@yorkmumbler](https://twitter.com/yorkmumbler)

YorSexual Health

Free, inclusive and confidential services, available to everyone 13+ living in York and North Yorkshire. Services include:

- Contraception
- Emergency contraception
- Information for young people
- Sexually transmitted infections services
- HIV

[01904 721111](tel:01904721111)
www.yorsexualhealth.org.uk



Reproductive Choices

MSI Reproductive Choices

Providing safe & supportive sexual and reproductive healthcare services. Phone or book an appointment online.

[MSI Choices York Community Treatment Centre, Yorsexual Health, Monkgate Health Centre, 31-33 Monkgate, YO31 7PB](https://www.msichoices.org)
www.msichoices.org

Reflect

Support service for anyone facing a pregnancy choice and for those in need of support after experiencing pregnancy or neonatal loss.

[01904 676710](tel:01904676710)
[Text: 07517 624750](tel:07517624750)
enquiry@reflectyork.co.uk
www.reflectyork.co.uk

Self-Harm

If you or someone else around you is thinking of self-harming, then see page 3 for Crisis services or call 999.

National Self Harm Network (NSHM)

An online support forum that aims to reduce distress and improve quality of life by empowering those that self-harm to seek alternatives and get further help where appropriate.

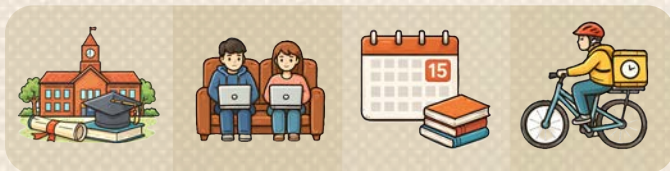
The online forum provides crisis support, information and resources, advice, discussions and distractions. They also support family and carers of individuals who self-harm.

www.nshn.co.uk

Alumina

Free, online courses for young people aged 10-17 struggling with self-harm, run by friendly, trained counsellors and youth workers. Refer through the form on the website.

helloalumina@youthscape.co.uk
www.selfharm.co.uk



Support for Students

The University of York (UoY)

The UoY has a great deal of help available, if you are not sure who to contact, start at the **Student Hub**. The Student Hub is a first point of contact for support and advice. They can help with:

- advice on managing your money
- private housing issues
- help with any disability or mental health questions.

The **Open Door** service offers help with wellbeing and mental health. A team of mental health practitioners and student wellbeing officers offer free support to registered students experiencing psychological or mental health difficulties. Referral forms for all support on the website.

Make contact:

In person at: The Student Hub, Sally Baldwin Block D on Campus West.

Open: 10am–4pm Monday to Friday.

📞 01904 324140

✉️ student-hub@york.ac.uk

🌐 www.york.ac.uk/students/support

York University Students' Union

York SU Advice & Support provides independent, confidential advice and guidance on academic issues, university policies and processes, personal and wellbeing issues and cost of living support.

📞 **Helpdesk: 01904 323724 open Monday to Friday 10am – 4pm**

✉️ advice@yorksu.org

🌐 www.yorksu.org/advice-support

Other sources of support:

There is a range of support for wellbeing and other issues. Information about support available on campus and more widely can be found at:

🌐 www.york.ac.uk/students/health/help

York St John University (YSJ)

All support is accessed through the **Student Hub** and can be provided online, in person and by phone. Support includes:

- Wellbeing and welfare
- Disability support
- Help with finances
- Specialist support
- Faith support

🌐 www.yorks.ac.uk/study/student-support

Wellbeing and welfare support

Help with the challenges you might face during your time studying at YSJ. See YSJ Wellbeing and Welfare webpage for info on other resources such as mindfulness groups and how to access wellbeing calls.

🌐 www.yorks.ac.uk/health-and-wellbeing/wellbeing-support

YSJ Student Union

Offers a range of support to students including support through academic processes and disciplinary procedures, housing issues related to private accommodation and mediation services.

✉️ su@yorks.ac.uk

🌐 www.ysjsu.com/home

York College

Mental Health and Wellbeing Service at York College

A range of support is offered depending on student needs. The Wellbeing Team will work with you to find the most appropriate support and help you to access it.

Current students can also access useful resources and support through the Student Portal.

Access through the referral form:

🌐 www.yorkcollege.ac.uk/student-life/student-support/mental-health-wellbeing-service

Askham Bryan College

Student Support Services offer impartial information and advice on a full range of services, including (but not limited to):

- Finance (grants, bursaries, student loans and benefits)
- Health and welfare issues (health promotions, sexual health nurses, doctors' appointments)
- Counselling appointments
- Careers advice and guidance
- Personal support
- Events and activities
- Safeguarding

All Student Services are located in the Student Services Hub, next to the canteen..

www.askham-bryan.ac.uk/students/student-services

Safeguarding

Is there something bothering you at home or at college? Are you worried about a fellow student? You can contact the Safeguarding Team 24 hours a day.

[07773 312617](tel:07773312617)



Nationwide support

Student Minds

Empowers students to develop the knowledge, confidence and skills to look after their own mental health and support others. The website is full of advice, information and blog posts from other students.

www.studentminds.org.uk

Students Against Depression

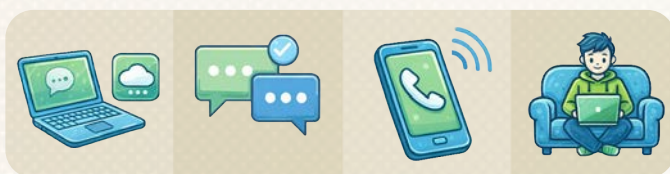
A website offering advice, information, guidance and resources to students affected by low mood, depression and suicidal thinking.

www.studentsagainstdepression.org

Social Prescribing

Social Prescribing is available to anyone in York who is over the age of 18 and is registered with a GP. **See page 4.**

Services available to students at both University of York & York St John



TalkCampus: 24/7 Support App

An app providing instant, free support for student mental health.

Enables you to talk with other students from around the world about student life or if you are struggling and worried about your mental health. Log on with your university email address.

www.york.ac.uk/students/health/help/247support

Nightline

A confidential listening service run by students, for students. They don't give advice, they are just there to listen to whatever is on your mind. They also offer free sexual health supplies and information on a number of topics.

Based at the University of York but also for York St John students. The service is completely confidential.

Nightline is open from 8pm until 8am every night of the University of York term.

[01904 323735](tel:01904323735) (3735 from any UoY phone)

listening@york.nightline.ac.uk

www.yorknightline.org.uk

Veterans

Combat Stress – for Veterans' Mental Health

A team of specially-trained professionals there for you whether you're having a tough time, having trouble sleeping, experiencing flashbacks, feeling depressed or anxious, or just feeling that something isn't quite right.

 **Helpline for veterans, serving personnel, and their families: 0800 138 1619**

Open 24/7, 365 days a year

 **helpline@combatstress.org.uk**

 **combatstress.org.uk/helpline**

The Royal British Legion

Support for anyone who is serving or has served in the Armed Forces and their families. Range of support available, full details on the website.

 **Helpline: 0808 802 8080**

Open from 8am–8pm every day

 **Telephone overseas: +44 (0)20 3376 8080**

 **info@britishlegion.org.uk**

Soldiers', Sailors', and Airmen's Families Association (SSAFA)

Provides support to both regulars and reserves in the Royal Navy, the Royal Marines, the British Army and the Royal Air Force and their families, including anyone who has completed National Service. They provide direct support to individuals in need of physical or emotional care.

 **Forcesline: 0800 260 6780 Monday to Thursday 9am–5pm and Friday 9am–4pm**

 **www.ssafa.org.uk**

Victims of crime

Bridge House Sexual Assault Referral Centre

Free support and practical help to anyone in North Yorkshire who has experienced sexual violence and/or sexual abuse.

 **0330 223 0362**

 **www.yorkshiresurvivors.co.uk**

IDAS Sexual Violence Support Line

IDAS provides the Independent Sexual Violence Advisor (ISVA) service and runs a free and confidential helpline which is available 7 days a week. They offer support to anyone who has been the victim of sexual violence – whether recently or many years ago. Live chat available through website.

 **Helpline: 0300 011 0110**

 **info@idas.org.uk**

 **www.idas.org.uk**

Victim Support

Helps people who have been the victim of crime feel safer and find the strength to move on. Support is free, confidential and tailored to individual needs.

 **National 24/7 helpline: 0808 168 9111**

 **www.victimsupport.org.uk**

Supporting Victims

Support and information for anyone in North Yorkshire who has been affected by crime.

 **01609 643100 Open: Mon to Fri, 9am–5pm**

For help outside office hours, call the National Victim Support helpline, open 24/7:

 **0808 168 9111**

 **www.supportingvictims.org**



Warm Spaces

There is now a network of warm spaces across York. In addition to the 15 Explore libraries and family friendly reading cafés across York, numerous community groups are opening their doors to provide community warm spaces.

For a full list and opening times, see the Live Well York website:

 **www.livewellyork.co.uk**



York Mind exists to promote recovery from mental ill health, emotional wellbeing and independent living.

They offer 1 to 1 and group-based support. Services are confidential and shaped to fit each person's needs, wherever possible.

Current services:

- **Adult Counselling:** 1 to 1 counselling for people aged 18+.
- **Adult Coaching:** coaching to set goals and identify strategies to improve overall mental health for people aged 18+
- **Relationship Counselling:** counselling for any relationship, offering a safe space to improve communication, connection and wellbeing.
- **Yor Community Wellbeing Hubs:** welcoming spaces providing mental health and wellbeing support through 1 to 1 sessions and group activities. **See page 4** for more details of the wellbeing hubs.



Young people's service at York Mind (11-25)

York Mind offers a range of services for young people who may be experiencing difficulties with their emotional well-being and mental health.

Current services include:

- **Young People's Counselling:** 1 to 1 counselling for people aged 12-21.
- **YorChoice Young People's Drop-In:** service for people aged 14-21 (up to 25 for SEND).
- **Pride in Mind Young People's LGBTQ+ Support:** mental health group support for people aged 12-18 who identify as LGBTQ+.
- **Expressive Mind's Young People's Group Support:** art based mental health group support for people aged 11-18.

Yormind Website & ChatChit Podcast

Created specifically so young people and those who support them can find out where and how to access mental health support in York.

Yormind is an honest guide to mental health information and support for young people in York.

www.yormind.org.uk

ChatChit podcast: normal conversations about mental health where people talk about their experiences and what helped them to manage their mental health.

www.yormind.org.uk/yormind-services/chat-chit-podcast

York Mind contact details:

[Highcliff House, Highcliff Court YO30 6BP](https://www.google.com/maps/place/Highcliff+House,+Highcliff+Court,+YO30+6BP)

01904 643364

office@yorkmind.org.uk

www.yorkmind.org.uk

Advocacy and other ways to be heard



What is meant by Advocacy?

Advocacy can help you to:

- be independent
- make informed choices
- challenge professional decisions which are being made about you
- speak out on your behalf or get support to have a strong voice
- know about your rights
- attend meetings and appointments
- fill in forms
- access specialist advice and support
- make a complain or raise a concern about your care

Healthwatch York

- provides information about local services to make sure you know how to access the help you need
- signposts you to independent complaints advocacy if you need support to complain about a service you have received
- listens to your views about local services and makes sure these are taken into account when services are planned and delivered

Healthwatch York wants to know what is working well and what is not working well in health and social care. Our contact details are on the back page.

York Advocacy Hub

A free, confidential and independent advocacy service for people across York. Services include:

- general advocacy
- NHS Advocacy
- Independent Mental Health Advocacy (IMHA)
- Care Act Advocacy
- Independent Mental Capacity Advocacy (IMCA).
- Relevant Person's Representatives

☎ 01904 414357

✉ office@yorkadvocacy.org.uk

🌐 www.yorkadvocacy.org.uk

Older Citizens Advocacy York (OCAY)

Works with anyone over the age of 50 in York. Provides a free, confidential and independent advocacy service. OCAY does not provide legal advice.

☎ 01904 676200

✉ info@ocay.org.uk

🌐 oldercitizensadvocacyyork.org.uk

York Hospital PALS (Patient Advice and Liaison Service)

Offers impartial advice and assistance to patients, their relatives, friends and carers. Can listen to feedback (positive or negative), help you get answers to your questions and liaise on your behalf to help resolve any concerns you or someone you care for has.

☎ 01904 726262 **Open Monday to Friday**
9am-11am and 1pm-2pm

✉ yhs-tr.PatientExperienceTeam@nhs.net

🌐 **Online form:** www.yorkhospitals.nhs.uk/contact-us/patient-experience/pals-form

📍 **Write to:** PALS, York Hospital, Wigginton Road, York YO31 8HE

Talk to an expert

York Mind offers various types of counselling services, see page 31 for more information.

NHS Talking Therapies

Offers a range of treatments for people experiencing common mental health problems including depression, anxiety and stress. You can refer yourself to this service via the website or ask your GP to refer you.

 **01904 556840**

 **teww.yorkselbytalkingtherapies@nhs.net**

 **www.yorkandselbytalkingtherapies.co.uk**

York Women's Counselling


Counselling service run by women, for women. Payment according to employment status, hardship fund available for anyone unable to make a contribution.


 **01904 652706**

 **www.yorkwomenscounselling.org**

1-2-1 Counselling

Counselling and therapy services through a team of experienced, professionally trained counsellors. They offer a donation-based service that is open to all and easily accessible.

 **07587 155678**


 **www.121counsellingyork.org**

Serendipity Counselling

A city centre counselling practice offering a responsive service. They offer various services, from individual counselling to family counselling as well as working with young people and children. Initial consultation is free, fees outlined on the website.


 **01904 948565**

 **admin@serendipityyork.co.uk**

 **www.serendipityyork.co.uk**

York St John University Counselling and Mental Health Centre

Offers high quality and affordable counselling and mental health services to communities outside YSJ University.

 **01904 876 562**

 **CMHC@yorks.ac.uk**

 **www.yorks.ac.uk/working-with-the-community/counselling-and-mental-health-centre**

Qwell

A safe and confidential space online to share experiences and gain emotional wellbeing and mental health support from users and qualified professionals.

 **www.qwell.io**

British Association for Counselling and Psychotherapy (BACP)

Directory of registered therapists and counsellors.


 **www.bacp.co.uk**

The Retreat

The Retreat provides specialised, high quality and sustainable mental health and wellbeing services. Their aim is to help people get their life back on track. Services include:

- Autism and ADHD support
- Children and young people's services
- Couple's therapy
- Group therapy
- Various therapies for individuals

There is a cost for their services, more information can be found on their website.

 **01904 412551**

 **hello@theretreatclinics.org.uk**

 **www.theretreatyork.org.uk**

Miscellaneous

Anxiety UK

Help and support for those affected by anxiety, stress and anxiety-based depression.

 **24/7 Infoline: 0344 477 5774**

 **www.anxietyuk.org.uk**


Bipolar UK

Offers a range of services for people and families affected by Bipolar, including peer support groups. Get in touch via the contact form on the website.

 **www.bipolaruk.org**

Café Neuro York

Provides psychological and social support for anyone with or affected by any neurological condition, their family or friends.

 **07707 708244**

 **cafeneuroyork@gmail.com**

 **www.cafeneuroyork.org.uk**

Good Organisation


Provides personal development support for people affected by homelessness, addiction and experience of the criminal justice system.

 **mail@goodorganisation.co.uk**

 **www.goodorganisation.co.uk**

Mainstay

Offers support to people who have mental health concerns. They provide a safe environment to access support and help to reduce isolation through a range of individual and group support services.

 **07823 322993**

 **ljamesmainstay@yahoo.co.uk**

 **www.mainstayuk.org**

Mental Health Foundation

Information and advice on many mental health issues.


 **www.mentalhealth.org.uk**

MySight York

Offers wellbeing activities for people living with sight loss. Various groups including audio book group, knit natter, accessible board games and telephone quiz nights.

 **01904 636269**

 **hello@mysightyork.org**

 **www.mysightyork.org/how-we-help/activities**


Rethink Mental Illness

Offers advice and information to anyone who is affected by mental illness. They are not a crisis service. Webchat service on website.

 **www.rethink.org**

St Leonard's Hospice - Wellbeing and Outreach

Wellbeing and outreach services for those diagnosed with a life-limiting illness and their carers. Includes a wellbeing drop-in, MND social drop-in, York Heart Failure Social and The Breathing Space for those with lung conditions. Details on the website.


 **01904 708553**

 **enquiries@stleonardshospice.org.uk**


 **www.stleonardshospice.org.uk/wellbeinghub/**

Wilberforce Trust - Living & Learning Zone

Offers a range of social activities for people with a visual or sensory impairment. Includes coffee mornings, board games, walks, musical connections and therapy dogs. Book in advance through reception.

 **01904 760037**


 **LLZ@wilberforcetrust.org.uk**

 **www.wilberforcetrust.org.uk/what-we-offer/living-learning-zone**


Miscellaneous

Wilberforce Trust – Tinnitus Support Group

Monthly meetings open to anyone in York or further afield. You don't need to have a formal diagnosis to attend.


 **01904 760037**

 **LLZ@wilberforcetrust.org.uk**

 **www.wilberforcetrust.org.uk/what-we-offer/yorsensory/support-groups**


York Against Cancer – Local Support Groups

Local support group information on their website for those living with cancer.


 **www.yorkagainstcancer.org.uk/support-groups**

York and District Deaf Society

Provides a social forum for Deaf people in York and welcomes anyone with a connection to the Deaf community.

 **Oloman House, 376A Huntington Road,
York, YO31 9HP**

 **yddssec@gmail.com**

 **www.york.gov.uk/adult-social-care/support-deaf-hearing-impaired-adults**

York Disability Rights Forum (YDRF)

Forum led by disabled people working to promote equal access to human rights for all those with disabilities who live or work in York. The Forum aims to be a collective voice, to raise awareness of issues affecting disabled people in York and create positive changes.

 **Leave a voicemail: 01904 326781**

 **hello@ydrf.org.uk**


 **www.ydrf.org.uk**

Safeguarding

Worried about a vulnerable adult? If you think you or someone you know is being abused or neglected (or neglecting themselves), contact your local Safeguarding Adults Board (SAB).

Deciding the right thing to do can be stressful, particularly if the person you are concerned about is reluctant to accept support. If you are not sure what to do, always seek advice.

 **In York: 01904 555111**

 **01609 534527 (out of hours)**

Text facility for people with impaired hearing:

 **07534 437804**

City of York Safeguarding Adults Board:

 **www.safeguardingadultsyork.org.uk**

Worried about a child or young person?

Contact the MASH (Multi Agency Safeguarding Hub) team.

The MASH is a multi-agency single point of contact for all concerns about children, and to make sure that children receive the right level of support.

 **01904 551900**

 **01609 780780 (out of hours)**

 **mash@york.gov.uk**

 **edt@northyorks.gov.uk (out of hours)**

Contact us:

📍 **Freepost RTEG-BLES-RRYJ**
Healthwatch York,
15 Priory Street, YO1 6ET

☎️ **01904 621133**
✉️ **healthwatch@yorkcvs.org.uk**
🌐 **www.healthwatchyork.co.uk**

Find us on social media:

💬 **@HealthwatchYork**

🌐 **www.healthwatchyork.co.uk**

This guide is available on the Healthwatch York website.

Healthwatch York is a York CVS project.

York CVS Supports and champions York's voluntary, community and social enterprise (VCSE) sector to make positive change, challenge issues and grow new ideas to strengthen communities.

🌐 **www.yorkcvs.org.uk**

yorkcvs

healthwatch
York

