

Helplines

ChildLine – free and confidential helpline for children and young people Tel: **0800 11 11**

Samaritans – Free confidential helpline
Tel: **116123** (24 hours)

North Yorkshire Mental Health Out of Hours Help Line –
0333 0000309

A confidential and anonymous service available to anyone registered with a North Yorkshire GP.

Papyrus HOPELineUK

<https://papyrus-uk.org/hopelineuk> – a specialist helpline staffed by trained professionals who give non-judgemental support, practical advice and information to:

- children, teenagers and young people up to the age of 35 who are worried about themselves
- anyone who is concerned about a young person
- Tel: **0800 068 41 41**

Young Minds Parents Helpline a free and confidential national helpline for parents Tel: **0808 802 5544**
(9:30am – 4pm Monday to Friday)

Learning Disability Helpline provides information and advice Tel: **0808 808 1111**