

National organisations		
Samaritans	116 123 https://www.samaritans.org/	Available day or night, for anyone who's struggling to cope, who needs someone to listen without judgement or pressure. Samaritans offers listening and support to people and communities in times of need. You do not need to be in a moment of crisis to contact Samaritans.
Mind Infoline	0300 123 3393 https://www.mind.org.uk/	Mind Infoline provides an information and signposting service. Open 9am to 6pm, Monday to Friday (except for bank holidays). Advice about: mental health problems, where to get help near you, treatment options, advocacy service.
SANEline	0300 304 7000 www.sane.org.uk	SANEline is 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. Normally open every day of the year from 4pm to 10pm. The helpline is a confidential service for anyone aged 16 or over.
Anxiety UK	03444 775 774 Text support: 07537 416 905 https://www.anxietyuk.org.uk/	Support, advice and information on all anxiety, stress and anxiety-based depression conditions. Helpline services are open to anyone of any age, with an interpretation service available to those who require it. Volunteers can answer questions, discuss techniques for immediate short-term relief of anxiety symptoms and help you find the right path of action for long-term support.
National Debtline	0808 808 4000 https://www.nationaldebtline.org/	National Debtline is a debt advice charity run by the Money Advice Trust. A free and confidential debt advice service for people in England, Wales and Scotland.
Victim support	08 08 16 89 111 https://www.victimsupport.org.uk/help-and-support/get-help/	Victim Support is an independent charity, dedicated to supporting people affected by crime and traumatic incidents in England and Wales. Helps people affected by all types of crime and provides free confidential support 24 hours a day, 365 days a year for people affected by crime and traumatic events — regardless of whether they have reported the crime to the police or when it occurred and for as long as it is needed.
IDAS	North Yorkshire and Barnsley: 03000 110 110 Sheffield: 0808 808 2241 info@idas.org.uk	IDAS is the largest specialist charity in the North supporting people affected by domestic abuse and sexual violence. Trained advisors will: Listen and support you; Help you understand your options; Explain your legal rights; Talk to the police, social care, probation; Help you get safer housing; Support you through court; Organise emergency accommodation if you need to escape.
Local organisations		
Local Mind branches	<ul style="list-style-type: none"> ▪ Craven Mind - 01904 643364 ▪ Harrogate and Ripon Mind - 01423 503335 ▪ Scarborough, Whitby and Ryedale Mind - 01723 339838 ▪ York and district Mind - 01904 643 364 ▪ Darlington Mind 01325 283169 / 07572 888084 ▪ Northallerton Mind 01609 780758 / 07895 278299 ▪ Hull and East Yorkshire Mind 01482 240200 info@hey mind.org.uk 	
Living Well North Yorkshire	https://www.northyorks.gov.uk/living-well-north-yorkshire	
Citizen's Advice	Local branch contacts available via search function of main website: https://www.citizensadvice.org.uk/	
Crisis teams: emergency response 24/7		
For people living in County Durham, Darlington, Teesside, North Yorkshire and York	0800 0516 171	
For people living in Hull and the East Riding of Yorkshire	0800 138 0990	