

Sources of Support for Students

Emotional Support

Compass Phoenix

<https://www.compass-uk.org/services/compass-phoenix/>

Telephone: 01904 661916 or 0800 008 7452

Compass Buzz text service: 07520 631168

Samaritans

Phone: 116 123 (free from any phone)

Kooth

<https://www.kooth.com/>

Shout

<https://giveusashout.org/>

Text 85258.

Childline

<https://www.childline.org.uk/>

Phone: 0800 1111

Papyrus – Prevention of Young suicide

<https://www.papyrus-uk.org/>

Telephone: 0800 068 41 41

Drug and Alcohol

North Yorkshire Rise (substance use/health and wellbeing/sexual health)

Telephone: 01723 330730

Freephone: 08000 141480

Email: humankind.nyyp.admin@nhs.net or for alcohol: www.drinkdrughub.co.uk

LGBT+

<https://www.mesmac.co.uk/about-us>

Yorkshire MESMAC Leeds office:

Tel: 0113 244 4209

Email: leeds@mesmac.co.uk

LGBT Foundation

<https://lgbt.foundation/>

Advice Support & Information

0345 3 30 30 30

Mermaids

<https://mermaidsuk.org.uk/>

Phone: 0808 801 0400

Gender Identity Service

<https://www.leedsandYorkpft.nhs.uk/our-services/gender-identity-service/>

Domestic Abuse

IDAS (Supporting people affected by domestic abuse and sexual violence)

<https://www.idas.org.uk/>

North Yorkshire & Sheffield Helpline: 03000 110 110

Email - info@idas.org.uk

Safeguarding

North Yorkshire Council – which provides multiple methods of support including social service, early help, emotional health and wellbeing and healthy child team.

<https://www.northyorks.gov.uk/contact-us>

Telephone: 0300 131 2131

<https://www.safeguardingchildren.co.uk/>

Telephone: 01609 535123

<https://www.nspcc.org.uk/>

Telephone: 0808 800 5000

Email: help@NSPCC.org.uk

Childline: 0800 1111

Online Safety

<https://www.ceop.police.uk/>

Gambling

GamCare

<https://www.gamcare.org.uk/get-support/young-peoples-support-service/>

Telephone: 0808 8020 133

YGam

<https://www.ygam.org/>

Telephone: 0203 837 4963