

Mental Health and Emotional Well-Being Support over Christmas and New Year Holidays

Please note the college counselling service will be unavailable from Friday 18th December and will re-open on Monday 4th January 2021

If it is an emergency or an immediate threat to life call 999

Police

Fire

Ambulance

NHS 111

Tel: 111

For non-emergency advice on how to deal with a health related situation use the national 111 service.

GP

Call your GP (they will have an emergency number when closed over Christmas and New Year period), or visit your GP when they are open.

Cannot access a telephone? You can also go to your local A&E department, and a professional will be able to support you from there

Hull and East Yorkshire MIND

Hull and East Yorkshire Mind 24 hour Infoline

01482 240133 / 0800 138 0990 (Freephone) – open throughout Christmas and New Year period.

The Warren Counselling Support

Closed Friday 28th December – reopen Monday 4th January 2021

Samaritans

116123 (Freephone) – open throughout Christmas and New Year period

YoungMinds Crisis Messenger Service

If you are a young person experiencing a mental health crisis, you can text the YoungMinds Crisis Messenger for free, 24/7 support.

The YoungMinds Crisis Messenger text service provides free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support, you can text **YM to 85258**

Kooth Counselling

Kooth is a free, anonymous and safe counselling and support service available to all young people ages 11-25 years across East Riding of Yorkshire, North Lincolnshire and Hull. Fully trained and qualified counsellors and emotional wellbeing practitioners are available until **10pm each night, 365 days a year.**

Visit **Kooth.com** to get in touch.

Let's Talk (Hull)

01482 247111 – there can be a waiting list for support – self-referral is sometimes quicker. Self-referral - <https://www.letstalkhull.co.uk/pages/make-a-referral>

Hull Crisis Team – Mental Health Response Service open throughout Christmas and New Year.

Crisis Resolution: 01482 301701 or email on:
hnf-tr.rapidresponseservice@nhs.net.

CAMHs

The team provide two Contact Points dependent on whether the young person has a Hull or East Riding GP. Telephone referrals from parents/families and young people aged 16-18 years are accepted. If a young person is not currently registered with a GP you can telephone either Contact Point who will be able to advise you.

Both Contact Point teams can be contacted between 9am and 5pm weekdays excluding bank holidays. Please note the below services close on Christmas eve at 5pm, and re-open on Monday 28th December and are closed again on New Year's Day.

Hull Contact Point tel: 01482 303688

East Riding Contact Point tel: 01482 303810

CAMHs Crisis Team – Hull & East Riding

The crisis team are open throughout the Christmas and New Year period and provide a 24 hour service

Papyrus – Preventing Young Suicide

Confidential and anonymous service open throughout Christmas and New Year period

Call: 0800 068 4141

Text: 07860 039 967

Email: pat@papyrus-uk.org

