

Young People's mental health resources:

- Kooth (Free, safe and anonymous online support for young people): <https://www.kooth.com/>
- Papyrus – Prevention of Young Suicide: <https://papyrus-uk.org/>
- Charlie Waller Memorial Trust: <https://www.cwmt.org.uk/>
- Family Lives: <https://www.familylives.org.uk/>
- I Choose Life Foundation: <https://www.ichooselifefoundation.com/> Useful Links
- Counselling Directory: <http://www.counselling-directory.org.uk>
- Yorkshire Centre for Eating Disorders (YCED): www.yorkshireeatingdisorders.co.uk
- North Yorkshire Sexual Assault Referral Centre: www.turntobridgehouse.org
- Harrogate Homeless Project: www.harrogate-homeless-project.org.uk
- Reflect Harrogate (support to those who are experiencing a crisis relating to pregnancy or pregnancy loss): www.reflectharrogate.co.uk
- Rethink Mental Illness: www.rethink.org
- ABC (Anorexia & Bulimia Care): www.anorexiabulimiacare.org.uk
- Mental Health Foundation: www.mentalhealth.org.uk
- Young Minds: www.youngminds.org.uk
- Self Injury Support: <https://www.selfinjurysupport.org.uk/resource-hub/>