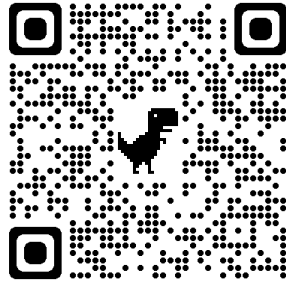


**Shout** 85258 is a free, confidential, anonymous text support service. You can text us from wherever you are in the UK.



Crisis messenger text service provides free, 24/7 crisis support across the UK. If you're aged 25 or under, and are experiencing any painful emotion or are in crisis, you can text **THEMIX** to [85258](https://www.shout247.org).

# HOPELINE247

## 0800 068 41 41

**HOPELINE247** advisers want to work with you to understand why thoughts of suicide might be present.



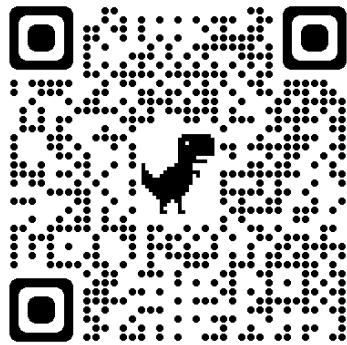
**BUZZ US** is a text messaging service run by Compass **BUZZ** for young people aged 11-18 who live in North Yorkshire

**Text a wellbeing worker on 07520 631168** if you are experiencing any of the following:

- Bullying
- Anxiety
- Self Esteem
- Eating Problems
- Low Mood
- Stress
- Self Harm
- Emotions

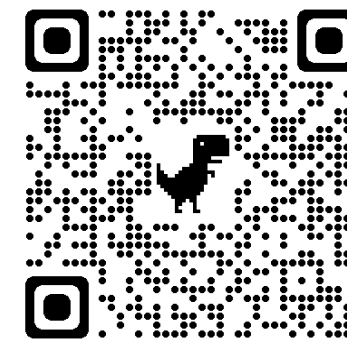
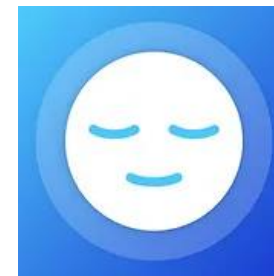
Compass offers a confidential text messaging service to young people aged 11-18 across North Yorkshire.





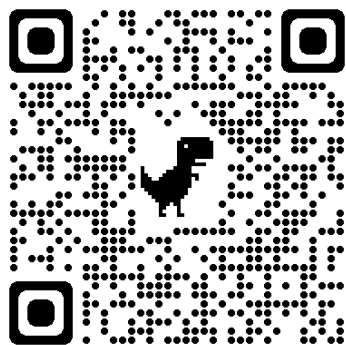
## Clear Fear

is an app that uses evidence-based treatment CBT to focus on learning to reduce the physical responses to threat by learning to breathe, relax and be mindful as well as changing thoughts and behaviors and releasing emotions.



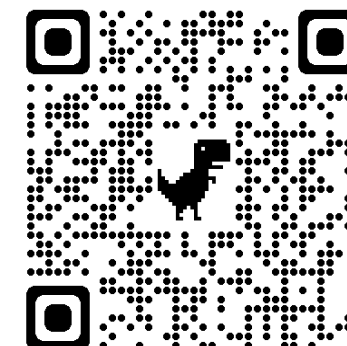
## Mindshift

A free app designed to help teens and young adults cope with anxiety.



## Smiling Mind

A meditation program developed by psychologists and educators to help bring mindfulness into your life.



## Stay Alive

This app is a pocket suicide prevention resource, packed full of useful information to help you stay safe. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.