



Mental Health and Wellbeing: Local Charities

1. Orb Community Arts

Orb is based in Knaresborough and helps people improve their **mental health & well-being** and lead fuller lives through being **creative, learning new skills** and **volunteering** in a supportive and inclusive space.

During the crisis, Orb is moving all its services online/remote so we'll be supporting our regular beneficiaries in the usual way but also ready to take new referrals (including self-referrals) for support. We're not changing our service but delivering it via new means so the difference during the pandemic will be mainly about increasing our reach to new people in need rather than doing something different. So basically we are offering:

- keyworker support to help people establish a wellbeing and activity plan
- Group and 1-1 creative, wellbeing and learning activities
- Some technical IT support to help our beneficiaries use technology
- Support to access employment, education and volunteering
- Volunteer training

Our 'office' is open Monday to Friday 9-5pm with most activity taking place in that time frame.

Enquiries to Elizabeth@orb-arts.org 01423 202028

Website: www.orb-arts.org

Facebook: www.facebook.com/orbcommunityarts/

2. Wellspring Therapy

Wellspring was established in 2003 and is based in Starbeck, Harrogate, North Yorkshire. We provide affordable, psychological support to people in distress and promote good mental health through education and training.

We are providing our usual services- one to one counselling-- but doing this via video or telephone call. We are open to new referrals but do have a waiting list. We are able to support children, young people and adults.

We are contactable through our normal number- 01423 881881 Mon-Thur, 9am-7.30pm or email office@wellspringtherapy.co.uk.

We are creating and promoting material for people to read and use at home to encourage positive mental health. This can either be found on our Facebook page: <https://www.facebook.com/WellspringHarrogate/> or website: <https://wellspringtherapy.co.uk/category/news/>.

We have applied for funding to deliver 6 sessions of counselling immediately to nhs workers working on the front line and vulnerable people/ people affected directly by COVID-19. If we are successful with winning funding we will update this space.

3. MIND in the Harrogate District

We support people needing help to maintain good mental health. We provide a friendly relaxed environment where you can meet people or join in activities. Some of our courses and activities are designed to work preventatively and enhance recovery. All our programmes encourage active engagement to help people keep learning, connect with each other and contribute to their communities.

During the crisis, we are providing telephone and online support on Monday, Wednesday and Friday between 10-4pm.

The contact number is 01423 503335

Local helplines for mental health and emotional support, etc

Mental Health North Yorks. North Yorks Mental Health Helpline.
<https://www.northyorks.gov.uk/mental-health> **0800 561 0076.**

If you need to discuss your mental health or that of someone you are caring for then call us. This is a confidential and anonymous service and is free to use from landlines and mobile phones. Open Mon-Thurs, 5pm-8.30am. Open on Friday from 4.30pm (24 hours at the weekends, including bank holidays)

West Yorkshire and Harrogate Suicide Bereavement Service: supporting adults after a suicide of someone they care about. **web:** wyhsbs.org.uk. **Tel** 0113 305 5800. **Email** info@wyhsbs.org.uk

National helplines for mental health and emotional support, etc

The Silver Line Helpline for older people. 24 hours a day helpline. **Web:** <https://www.thesilverline.org.uk/> 0800 4 70 80 90

Childline. Available 24/7 to anyone under the age of 19. **Phone 0800 111. Web** <https://www.childline.org.uk>

Samaritans: Call **166123** for FREE. Email: jo@samaritans.org. Whatever you're going through, a Samaritan will face it with you. Open 24/7, 365 days a year. **Web** <https://www.samaritans.org>

SANEline is a national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone aged 16 and over. Available 4.30 pm-10.30 pm daily. **07984 967 708** (during COVID-19) Email: support@sane.org.uk **Web:** <http://www.sane.org.uk/home>

7 Cups provide free emotional support from trained listeners: online counselling. **Web:** <https://www.7cups.com>

CALM helpline: Confidential emotional support for men, dedicated to preventing male suicide, the single biggest killer of men aged under 45. Mon-Fri 1pm-11pm **0800 585858 Web:** <https://www.thecalmzone.net>

Hopeline UK. Support, practical advice and information for children, teenagers and young people up to the age of 35 who are worried about how they are feeling. Mon-Fri 10am-10pm. Weekends and bank holidays: 2 pm-5 pm. **0800 068 4141. Email** pat@papyrus-uk.org or text **07786 209697. Web:** <https://papyrus-uk.org/hopelineuk/>

Shout 24/7 text service, free on all major mobile networks, for people struggling to cope. Text: **85258 Web:** <https://www.giveusashout.org>

Other local charities offering important services at this time

Carers' Resource

Carers' Resource have staff working from home giving unpaid carers information, advice and a listening ear. An unpaid carer is anyone who provides help and support to a friend, neighbour or relative who could not otherwise manage because of frailty, illness or disability.

- Support is available with form filling and there is a useful form that can help unpaid carers to plan for the possibility of someone in the household contracting the virus.
- Carers are able to ask for a letter to show they are a carer when wanting to access shopping times for vulnerable people or if challenged for whatever reason.
- Carers are encouraged to get in touch no matter how many hours they care or whether the person they care for lives with them or not.
- The charity also supports young carers, who are under the age of 18 and look after a parent or sibling who has a physical or mental illness, misuses drugs or alcohol, or has a disability.
- Carers and professionals can contact us by phone Monday – Friday 0830 – 1630, 01423 500555, or electronically through the website. Contact Carers' Resource at www.carersresource.org/contact/
- There is a dedicated website for young carers at <https://youngcarersresource.org/>

Home From Hospital Service: Carers' Resource also can offer support to people who need help after being discharged from Hospital. Our Home from Hospital service in N Yorkshire is operating as normal at the current time. The service helps people settle back home safely following a stay in hospital, day procedure or A & E visit. Please contact us via our referral line on 0300 365 4600 or through the Carers' Resource website.

Dementia Forward

We are an experienced and established team, passionate about supporting people living with dementia and those who care for them. We support people living in North Yorkshire.

We provide a number of services and different avenues of support and information to anyone who is interested in dementia, whether they have received a diagnosis, have concerns about their memory, support someone with memory problems, work in dementia care or just want to know more.

During the crisis, and in the best interests of protecting our vulnerable clients, we have closed all our community groups.

Our helpline –03300 578592—will remain open Monday-Friday 9am-4pm as usual and our team of Dementia Support Advisors are available for telephone consultations.

Please do not hesitate to give us a ring for all matters relating to dementia. We will be happy to help.

National helplines

National Telephone Support. **Alzheimer's Society.** Mon-Wed, 9am-8pm/Thurs-Fri, 9am-5pm, Sat/Sun, 10am-4pm. **Web** <https://www.alzheimers.org.uk/> **0300 222 1122**