

Looking after you and your family this winter



Healthier together



Healthier Together is a new website that provides consistent and high-quality advice from local health professionals on children and young people's health.

You'll find clear information on common childhood illnesses and where to seek help if required and how long your child's symptoms are likely to last.

Website: nhyhealthiertogether.nhs.uk/

Family Hubs



The Raise York site is part of the city's new network of Family Hubs; bringing together organisations supporting children and families in a 'one stop shop'.

Website: www.raiseyork.co.uk

The York SEND website is the complete guide for disabled children and young people and their parents and carers in the city.

Website: www.yorksend.org

Cost of living



The cost of living crisis is affecting everyone this winter. For advice on how to keep warm and save energy, please visit City of York Council.

Website: www.york.gov.uk/EnergyEfficiency

For help and advice to help you manage the cost of living crisis, you can get support through:

Website: www.worryingaboutmoney.co.uk/york

Live Well York



For information and advice on a range of local services that are available for adults, children, young people and families this winter, please visit the Live Well York online resource.

Website: www.livewellyork.co.uk

Resources to support your mental health and wellbeing



York and Selby Talking Therapies



York and Selby Talking Therapies (age 16+) can help you with feelings of stress, low mood and worry.

You can find out more and refer your self by searching 'York and Selby Talking Therapies'.

Call: 01904 556840

Website: yorkandselbytalkingtherapies.co.uk/

The Haven York



Are you feeling distressed, anxious or that things are too much?

York Safe Haven offers free mental health support for anyone aged over 16.

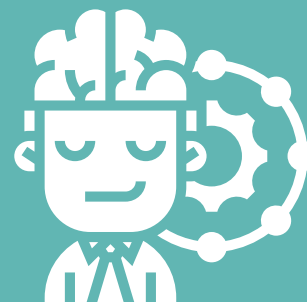
Visit 30 Clarence Street, York, YO31 7DE.

Call: 07483 141310

Website: www.mhm.org.uk

Email: haven.mhm@nhs.net

York MIND



Mind's mental health services are available to access locally covering Scarborough, Whitby, Ryedale, Harrogate, Ripon and York.

Mind also has services available to support children, young people and adults.

Use the online tool to find your closest Mind service: mind.org.uk/information-support/local-minds/

Call: 0300 123 3393

NHS Mental Health Crisis Line



In a mental health emergency, call the NHS all age Crisis Line.

The line is open 24/7 for people living in County Durham, Darlington, Teesside, North Yorkshire and York.

Call: 0800 0516 171

Website: www.tewv.nhs.uk/services/crisis-advice/