

Internal and External Support

In the first instance please discuss any issues you may have with your tutor, who will be able to discuss your worries and signpost you as needed.

Please find the following information which you can access to support your wellbeing: **If you require urgent support, please contact 999.**

- [Wyke Wellbeing Blog](#) for advice, guidance, and quick links to resources to keep you feeling well.
- www.Togetherall.com This is a free online mental health and wellbeing support service which has access to an online community, resources, art therapy and online courses. You have access via your college email address.
- **Hull and East Riding CAMHS crisis team** 01482 301701 5pm to 9am (out of hours and weekend support)
- **Hull CAMHS Contact Point:** 01482 303688 (Daytime support- 9am- 5pm)
- **East Riding CAMHS Contact point:** 01482 303810 (Daytime support- 9am- 5pm)
- **East Riding** The Emotional Wellbeing Service, 01482 335451 Text: TALK to 60163 Email: HNF-TR.SelfReferral@nhs.net Online: iaptportal.co.uk/erew.html
- **Lets Talk Hull** 01482 247111 (17 ½+) <https://www.letstalkhull.co.uk/pages/make-a-referral>
- **The Warren in Hull** 01482 218115
- **SEED Eating Disorder Support Service:** 01482 718130 <https://seedeatingdisorders.org.uk/>
- **North Lincolnshire** : The Healthy Lifestyle Service, telephone 01724 298212 or email nlc.healthy lifestyles@nhs.net
- **Hull & East Yorkshire MIND**
Email: therapyservices@hey mind.org.uk Phone: 01482 240200
- **North Yorkshire (York and Selby) The Haven** <https://www.mhm.org.uk/the-haven-30-clarence-street> **07483 141 310** , **07483 141 307** , **07484 076 695** , **07483 141 303**
- **North Yorkshire mental health helpline: 0800 5610076** <https://www.northyorks.gov.uk/look-after-your-mental-health>
- **THE MIX** <https://www.themix.org.uk/> 0808 808 4994 online community, social, confidential helpline and counselling service
- **CRUSE** <https://www.cruse.org.uk/get-help/local-services/yorkshire-and-humber/hull-and-east-riding> telephone: 01482 565565. There is much

helpful information on aspects of grief and bereavement on this website and on the website www.hopeagain.org.uk made by Cruse young people for young people which is interactive.

- **SAMARITANS** 116 123
 - **Papyrus** 0800 068 4141.
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Andy's Man Club <https://andysmanclub.co.uk/>

Beat ([The UK's Eating Disorder Charity](#))

CASA Suite ([Sexual Violence/Sexual Abuse Support](#))

Cornerhouse ([Sexual Health Service](#))

Evolve ([Eating Disorder Service](#))

Matthew's Hub ([Autism and Asperger's Syndrome Support Service](#))

Rape Crisis ([Sexual Violence/Sexual Abuse Support](#))

Woman's Aid ([Domestic Violence Support](#))

Free Apps Available For Download

Headspace

Mindshift

Moodpath

Stay Alive

Stop, Breathe, Think

Alcohol & Drug Awareness

EPD Drug & Alcohol Service

Frank

Refresh

Renew <https://www.changegrowlive.org/hull-renew>

Depression & Anxiety

AnxietyBC (Youth)

Childline

Moodjuice

NHS – Moodzone

Psypher

Sane

Self Esteem

[Body Gossip UK](#)

[MIND](#)

Self Harm

[Safeguarding Children \(Free Online Course\)](#)

[Selfharm UK](#)