



December 2024

Dear parent/ carer

As many services and agencies are closing over Christmas, we wanted to contact you to offer some suggestions about where you could access support and advice during that time if you require it. Schools are closed from Friday 20th December until Monday 6th January 2025 (please check your individual school calendar for training days). The Cluster team service will also close from Friday 20th Dec and re-open on Monday 6th January. If you feel you need any support over Christmas, you may want to consider the following agencies:

For Safeguarding of children and young people

- Harrogate Children's Social Work Service: 0300 131 2 131 or social.care@northyorks.gov.uk
- NSPCC: <https://www.nspcc.org.uk/>
- Childline: 0800 1111 (Freephone) / <https://www.childline.org.uk/>

For children and young people's mental health and emotional well-being

- The Go To Harrogate: www.thegoto.org.uk
- Kooth: Ages 11 to 25 years: <https://www.kooth.com/>
- Young Minds: <https://www.youngminds.org.uk/>
- Calm Harm App: For self-harm: <https://calmharm.co.uk/>
- Clear Fear App: For anxiety: <https://www.clearfear.co.uk/>
- Combined Minds App (to help friends and family provide support: <https://combinedminds.stem4.org.uk/>
- SHOUT: 24/7 free confidential text service. To start a conversation text the word SHOUT to 85258
- Suicidal ideation safety planning toolkit: papyrus-uk.org/resource-suicide-safety-plan/
- Self-help work books: <https://mindmate.org.uk/im-a-young-person/mmst-workbooks/>

For children and young people experiencing a mental health crisis

- You can now access mental health crisis support via NHS 111
- You can access an emergency mental health assessment via Children's Accident and Emergency at Harrogate District Hospital

For emergency situations

- Children's Accident and Emergency at Harrogate District Hospital
- Police on 999 in an emergency or 101 for non-emergencies

For Health:

- NHS helpline: 111
- Accident and Emergency at Harrogate District Hospital

For Domestic Abuse support:

- National Domestic Violence Helpline - 0808 2000 247 (24 hours a day - freephone) / <https://www.nationaldahelpline.org.uk/>
- Independent Domestic Abuse Services: 0300 011 0110 (Yorkshire) <https://idas.org.uk/>
- National Centre for Domestic Violence: <https://www.ncdv.org.uk/>

For Adult Mental Health Support:

- Samaritans: 116 123 (24 hours a day - freephone) / <https://www.samaritans.org/>
- NHS adult mental health support: <https://northyorkshireccg.nhs.uk/your-health-and-local-services/adult-mental-health/>

For Food Bank Support:

- Harrogate District Foodbank: <https://www.trusselltrust.org/get-help/find-a-foodbank/harrogate/>

For Family Support:

- Family Action – Family Line: 0808 802 6666/ 07537 404282 (text): <https://family-action.org.uk/>

For Housing & Welfare Support:

- Harrogate Housing Options: 01423 500 600 <https://www.harrogate.gov.uk/housing-options-homelessness-advice>

Or please visit www.tncp.co.uk where you can access information regarding a wider range of services.

We wish you a happy and healthy Christmas and look forward to seeing you again in 2025.

Best Wishes

Gemma, Barry and Lucy

RKLT Harrogate Cluster Team