



# Young people's Mental Health support in North Yorkshire

The Go-To has a number of resources to help you.

[www.thegoto.org.uk](http://www.thegoto.org.uk)



# North Yorkshire support for young people's Mental Health

There is national and local support for young people, parents, carers and professionals on the Go-To website.

[www.thegoto.org.uk](http://www.thegoto.org.uk)



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# Find Mental Health support available to you in North Yorkshire

- Top tips on feeling good
- Coping with common issues
- What's in North Yorkshire for me?
- And more on the Go-To ([www.thegoto.org.uk](http://www.thegoto.org.uk))



**The Go-To**

For healthy minds in North Yorkshire

**NHS**



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# Support for parent and carers

The Go-To provides advice for parents and carers, on how to support their young people when they are struggling with their mental health.

[www.thegoto.org.uk](http://www.thegoto.org.uk)

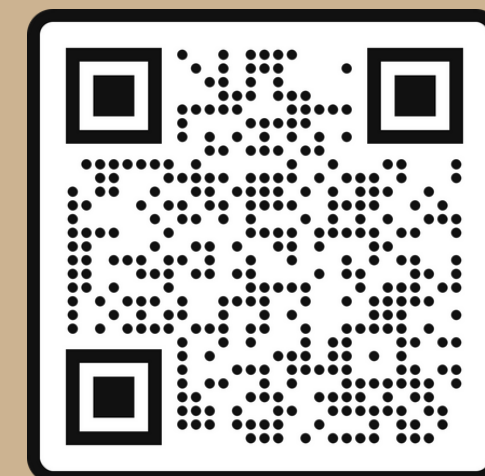




# Find Mental Health support for children and young people in North Yorkshire



Visit the Go-To  
[www.thegoto.org.uk](http://www.thegoto.org.uk)



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**NHS**

# Support for young people's Mental Health in North Yorkshire



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# Mental Health support in North Yorkshire



The Go-To has a number of resources to support children and young people, including ‘Getting the support you need’ and ‘What’s in North Yorkshire for me?’.

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