

Not sure what to feel about what you're feeling?



# The Go-To

For healthy minds in North Yorkshire



**The Go-To** website is the home of wellbeing and mental health for young people in North Yorkshire. We're here to signpost young people, parents, carers and professionals to the right help and support.

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



## What is The Go-To?

The Go-To is a portal or 'single point of information', promoting mental health support services for children and young people within the North Yorkshire County Council boundary. With the amount of different services available in North Yorkshire, it can often be confusing to know what is what. The Go-To is designed to make things simple for you, having all the information you need in one place, so children and young people can get access to the right care they need.

## Who can use The Go-To?

The website has been designed primarily for young people, by young people. However, there is also information for parents, carers, GPs and other professionals.

## Who developed The Go-To?

The Go-To has been developed by NHS North Yorkshire Clinical Commissioning Group (CCG) together with partners from North Yorkshire County Council and neighbouring CCGs (NHS Bradford District and Craven CCG, NHS Vale of York CCG). Young people from North Yorkshire Young Minds Combined – a group made up of members of North Yorkshire's Youth Parliament and other youth voice groups – also helped to design the new website.

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