



The aim of the Compass Phoenix service here in North Yorkshire is to improve outcomes for children and young people in relation to their emotional wellbeing and mental health by strengthening the range of mental health support available to children, young people and schools.

There is no cost implication for any element of our service.

We are proud to offer:

- **Support** to enable schools and colleges to develop a **whole school approach** around emotional wellbeing and mental health through the delivery of a wide range of **training**. This is available to book via our website: <https://www.compass-uk.org/compass-phoenix-training-webinars/>

- **Professional Consultations** for school and college staff, in which we provide advice, guidance and resources around emotional wellbeing and mental health for individual children and groups to ensure that children and young people get the right support at the right time. No consent is needed as we discuss all individuals and groups anonymously. The age range spans **5-18 (and up to 25 for those with special educational needs or disabilities)**. There is no referral form to complete for this element of our service, please simply call on 01904 661916 to arrange your consultation.

- Our **BUZZ US text messaging service** for **11-18 year olds**. Our dedicated team help young people to make sustainable lifestyle changes in order to improve their long-term health, resilience and emotional wellbeing, reduce risk to themselves and others and equip them to reach their potential. Confidential advice, guidance and signposting is provided Monday to Thursday 9am-5pm and Friday 9am-4.30pm (excluding Bank Holidays). The number young people in North Yorkshire can text us on is 07520 631168.

- **Support and interventions** for children and young people aged **9-19 (and up to 25 for those with special educational needs or disabilities)** experiencing mild to moderate mental health difficulties. Support for key stages 3 and above is predominantly delivered via virtual groups, and for those under 13 we offer a digital platform. 1:1 interventions are delivered by exception where appropriate. All staff use evidence based talking therapies, also known as therapeutic interventions. The referral form can be found on our website.

Our contact details are below; we look forward to helping you to support children and young people to improve their mental health and reach their potential.

Phone: 01904 661916/ Freephone 0800 008 7452

Email: [phoenix@COMPASS-UK.ORG](mailto:phoenix@COMPASS-UK.ORG)

Website: <https://www.compass-uk.org/services/compass-phoenix/>

