

### Useful phone numbers Vale of York:

- **Crisis:** Tel: 01904 526582
- **Children's crisis:** 01904 615348 10am-10pm.
- Wellbeing and access team: 01904 526566
- Community mental health services are provided via our locality bases.
  - o NE Locality Hub, 1st Floor, Bootham Park Hospital, York, 01904 556704/5
  - o SW Locality Hub, 126 Acomb Rd, York YO24 4HD, 01904 736100
  - o SW Locality Hub, 1st floor, Worsley Court, Doncaster Road, Selby, YO8 9BX, 01757 211564
- Assertive Outreach, 22, The Avenue, York, YO30 6AS, 01904 553170
- CAMHS: Lime Trees Outpatient Service: 01904 294200
- CAMHS: Selby Cabin outpatients service: 01904 294269.
- Learning disability: Systems House, York Tel: 01904 528300
- Inpatient LD: Oak Rise, York Tel: 01904 724844
- Older people inpatient:
  - o Meadowfields, 1a Nelson Lane, Tadcaster Road, York, YO24 1HD, Tel: 01904 294 400
  - o Cherry tree house, 218 Fifth Street, Heworth, York, YO31 0PN, Tel: 01904 294 865
- IAPT: 01904 556820/01904 556840.
- Group psychotherapy: 01904 465100/01904 724470

### Other useful numbers:

- Discovery hub: Tel. 01904 876070 Email. [discoveryhub@yorks.ac.uk](mailto:discoveryhub@yorks.ac.uk)
- Samaritans 08457 90 90 90 24-hour helpline
- HOPEline UK 0800 068 4141 Young suicide prevention Mon-Fri 10am-5pm & 7pm-10pm, weekends 2pm-5pm
- Mind 0300 123 3393 Mon-Fri 9am-6pm Information, advice & advocacy for people with mental illness [www.mind.org.uk](http://www.mind.org.uk)
- Rethink Mental Illness 0300 5000 927 Mon-Fri 10am-2pm Support & advice for people with mental illness [www.rethink.org](http://www.rethink.org)

- Silverline 0800 470 8090 24-hour helpline Provides advice & emotional support to older people [www.thesilverline.org.uk](http://www.thesilverline.org.uk)
- York Carers Centre 01904 715490 Local support & advice for carers
- Selby District Carers 0300 012 0415 Local support & advice for carers