



North Yorkshire
County Council



A confidential and anonymous service available to anyone registered with a North Yorkshire GP.

Out of hours

North Yorkshire

Mental Health Helpline

0333 0000 309

Out of hours

Open from Monday to Thursday 5.00pm - 8.30am

Open on a Friday from 4.30pm

(24 hours at the weekends including Bank Holidays)

Providing a listening ear, emotional support, signposting and referral into other services for individuals and the carers of people experiencing mental distress.