

NEW WEBSITE LAUNCHED TO SUPPORT CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH

A new website has been launched, dedicated to helping children and young people in North Yorkshire find mental health support.

The Go-To – <https://www.thegoto.org.uk/> – is designed to be a portal or 'single point of information' showcasing the mental health support services offered by different agencies in the county.

The website has been developed by NHS North Yorkshire Clinical Commissioning Group on behalf of North Yorkshire County Council and neighbouring CCGs (NHS Bradford District and Craven CCG, NHS Vale of York CCG) and will promote services within the existing North Yorkshire County Council boundary.

With the majority of young people currently not in school and many in isolation as a result of the restrictions imposed on movement to deal with the COVID-19 (Coronavirus) pandemic, health leaders believe online mental health support for young people has never been more important.

The Mental Health Foundation is hosting Mental Health Awareness week from 18-24 May 2020. Now more than ever we need to be looking after our mental health and The Go-To offers access to the support young people and their families need during this uncertain time.

NHS North Yorkshire CCG Clinical Lead for Acute Care and Vulnerable People, and GP Governing Body Member for the Scarborough Locality, Dr Peter Billingsley, said: "The changes to everyday life we're asking people to make to slow the spread of Coronavirus and save lives are having a profound effect on us all, but for children and young people, it can be bewildering and it's right to be concerned about their mental health. This new website will signpost a young person to the most appropriate support and will have lots of useful tips and information to help a young person cope with stress or anxiety."

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 – helped to design the new website which has sections aimed at young people, parents, carers, GPs and other professionals.