



# Helplines



Yorkshire Federation of Young Farmers' Clubs is committed to keeping its members safe. It is important that members are protected while having a great time at all our YFC events and activities. Whilst our Field Development Team and Safeguarding Officer Debbie Phillips can offer you support and signpost you to other services, sometimes you may want to help yourself and access services on your own, here is a selection of helplines covering a range of issues.

## **The Samaritans**

Confidential helpline providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide.

[www.samaritans.org.uk](http://www.samaritans.org.uk)

Tel: 116 123

## **Farming Community Network**

Confidential helpline providing personal or business-related support to farmers and their families.

[www.fcn.org.uk](http://www.fcn.org.uk)

Tel: 03000 111 999

## **Royal Agricultural Benevolent Institution RABI**

Confidential helpline providing financial support to people from the farming community.

[www.rabi.org.uk](http://www.rabi.org.uk)

Tel: 0808 281 9490

## **ChildLine**

ChildLine is a counselling service for children and young people up to their 19th birthday in the United Kingdom provided by the NSPCC.

[www.childline.org.uk](http://www.childline.org.uk)

Tel: 0800 1111

## **Drinkaware**

Provides comprehensive list of alcohol related support services and website information relating to alcohol, the law and health related issues. Drink tracker self-assessment tool.

[www.drinkaware.co.uk](http://www.drinkaware.co.uk)

Tel: Not applicable

## **NHS Smokefree Helpline**

Provides comprehensive list of smoking related support services and website information relating to quitting smoking and health related issues. Free personal quit plan tool.

[www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)

Tel: 0800 169 0 169

## **Compass Reach and Compass Buzz**

Young people aged from 9 to 19 (and up to 25 for those with special educational needs or disabilities) across North Yorkshire affected by substance misuse, poor sexual health and issues relating to emotional wellbeing and mental health, can access free help, advice and practical support at Compass REACH.

[www.compass-uk.org](http://www.compass-uk.org)

Tel: 0800 008 7452

## **North Yorkshire Horizons**

Provide a range of free, confidential, non-judgemental services for individuals and families to those affected by drugs and alcohol for those living in North Yorkshire.

[www.nyhorizons.org.uk](http://www.nyhorizons.org.uk)

Tel: 01723 330730

## **Forward Leeds**

Provide a range of services relating to drugs and alcohol for people living in Leeds.

[www.forwardleeds.co.uk](http://www.forwardleeds.co.uk)

Tel: 0113 887 2477

## **Bridge**

Provide a range of services relating to drugs and alcohol for people living in Bradford and Keighley.

[www.thebridgeproject.org.uk](http://www.thebridgeproject.org.uk)

Tel: 01274 723 863