

NEEDING HELP WITH YOUR MENTAL HEALTH?

We can offer support for young people aged 7-19 who live in Craven, and their parents or carers

WELLBEING CAFES

A safe, supportive drop-in where those aged 7 - 19 can get confidential support & advice, find a listening ear and take part in activities to improve wellbeing.

Tuesdays 4-6pm @ Ings School, Skipton*

Wednesdays 6-8pm @ The Place, Settle* **

Saturdays 2-4pm @ Ings School, Skipton*

Saturdays 2-5pm @ Church House, Grassington Square (last Saturday of the month)*

*Term-time only

** Settle Pool from October

ONE-TO-ONE SUPPORT

Confidential support and advice sessions for children and young people and parents/carers who are concerned about their child's wellbeing. Available in person in Settle, Bentham or Skipton, or alternatively there are options for telephone/video calls. Contact us to book an appointment.

Contact admin@selfa.org.uk or call 01756 533110 for further information or to book a one-to-one session

